

# Tobacco Quitting Tips

## Get Ready

- Set a quit date.
- Change your environment. Get rid of ALL cigarettes and ashtrays in your home, car, and place of work.
- Don't let people smoke in your home.
- Review your past attempts to quit. Think about what worked and what didn't.
- Once you quit, don't smoke.

## Get Support and Encouragement

- Tell your family, friends, and co-workers that you are going to quit and want their support. Ask them not to smoke around you and put their cigarettes out of site.
- Talk to your health care provider (doctor, dentist, nurse, pharmacist, psychologist)
- Get individual, group, or telephone counseling (PA free quitline - 1-800-QUITNOW)

## Learn New Skills and Behaviors

- Try to distract yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task.
- Change your routine. Use a different route to work, drink teas instead of coffee, or eat breakfast in a different place.
- Do something to reduce your stress. Take a hot bath, exercise, read a book or learn a new hobby.
- Drink a lot of water and other fluids.

## Get Medication and Use It Properly

- The US Food and Drug Administration has approved five medications to help you quit smoking:
  - Bupropion SR (Zyban) - available by prescription
  - Nicotine Inhaler - available by prescription
  - Nicotine Gum - available over-the-counter
  - Nicotine Nasal Spray - available by prescription
  - Nicotine Patch - available over-the-counter and by prescription
  - Chantix (Varenicline) Tablets - available by prescription
- Everyone who is trying to quit may benefit from using a medication.
- Ask your health care provider for advice and carefully read the information on the package.
- All of these medications may double your chances of quitting and quitting for good.

## Be Prepared for Relapse or Difficult Situations

Most relapses occur within the first three months of quitting. Don't be discouraged if you start smoking again. Remember, most people try to quit several times before they finally quit. Here are some difficult situations to watch out for...

- Alcohol - avoid drinking alcohol. Drinking lowers your chances of success.
- Other smokers - being around smoking can make you want to smoke.
- Weight Gain - many smokers will gain weight when they quit, usually less than 10 pounds. Eat a healthy diet and stay active. Don't let weight gain distract you from your main goal.
- Bad Mood or Depression - There are a lot of ways to improve your mood other than smoking. If you are having problems with any of these situations, talk to your doctor or health care provider.

## ***What is Waynesboro Hospital doing to improve our performance?***

Waynesboro Hospital has formed a multidisciplinary team to monitor and improve our hospital's performance on each of the Core Performance Measures. The team includes members of Med-Surg, Intensive care and emergency nursing, respiratory therapy, pharmacy, a pulmonologist, a cardiologist, and emergency medicine.

- This team meets regularly to review our latest performance results, discuss specific cases for non-compliance and implement new processes to meet these measures.
- This team has implemented use of checklists for appropriate treatments that are specific to each diagnosis, Progress note templates to assist doctors with documenting appropriate medications and reasons for exclusion. Our goal is 100% compliance.
- The respiratory department at our hospital is responsible for smoking cessation education of our patients.
- The respiratory therapists are notified by a system "alert" whenever a patient who smokes within the past year is admitted to the hospital. They offer smoking cessation education to each of these patients.

*\*Hospital Compare was created through the efforts of the Centers for Medicare and Medicaid Services (CMS) and organizations that represent hospitals, doctors, employers, accrediting organizations, other Federal agencies and the public.*

*Scientific evidence indicates that there is no risk-free level of exposure to secondhand smoke. Secondhand smoke causes approximately 3,400 lung cancer deaths and between 22,700 to 69,600 heart disease deaths in nonsmoking adults in the United States each year...*

## **American Lung Association (ALA) Report**

Healthy Communities Partnership of Greater Franklin County is working to increase the health of Franklin County residents. HCP has been collaborating with other area agencies to provide resources and activities within the community for more than 10 years. The Partnership was recently awarded grant money to educate the community on the dangers of smoking. The Partnership's Staying Tobacco Free program offers adult smoking cessation programs. These programs use facilitators trained through the American Lung Association to implement the Freedom From Smoking program. The cessation classes are offered regularly at both Chambersburg and Waynesboro Hospitals and are free and open to the public. To learn more or to register for a class, please call 262-4691.