

In-patient Smoking Cessation Program – Moving On to Being Free™

In combination with a Ministry of Health and Long-term Care Provincial Demonstration Project, Thunder Bay Regional Health Sciences Centre now offers a bedside and post-discharge smoking cessation service to in-patients. This service is consistent with the hospital's Chronic Disease Prevention and Management approach and is supported by the hospital's senior management. The smoking cessation program, called "***Moving On to Being Free™***", developed by Dr. Patricia Smith (Northern Ontario School of Medicine) is offered to all eligible in-patients at Thunder Bay Regional. Eligible patients will be approached by Veronica Proper, RN, MPH – the hospital's Smoking Cessation Nurse (Supportive Care Service, Director Dr. Scott Sellick).

Patients will be asked if they are interested in quitting smoking and offered enrolment into the ***Moving On to Being Free™*** program. Interested patients will be given time to review the study information before deciding whether or not they want to participate. Patients who sign up for the program will then have a 1-hour bedside session with the Smoking Cessation Nurse where they review their tobacco history and develop a personalized quit smoking plan. After discharge from hospital the program continues with follow-up phone calls from the Smoking Cessation Nurse (every week for the first month, every second week for the second month, and 3, 6, and 12 months after their discharge). These calls help keep patients on track with their smoking cessation goals and provide patients with support and the opportunity to discuss and adjust their personalized program as necessary in order to achieve their goals.

For further information, Veronica Proper can be reached through the Supportive Care department at 684-7310.