

Sample Tobacco and Nicotine Replacement Therapy Policy

POLICY

The smoking of tobacco will be permitted only in designated outside areas and during designated times.

All clients will be provided with information on smoking cessation, including information on the STOP program, and will have access to a medical professional to discuss options to support cessation. Whenever possible, nicotine replacement therapy (NRT) will be supported and provided.

PROCEDURE

- Only cigarettes in unopened packaging will be allowed on admission to the withdrawal management service (WMS). Opened packages of cigarettes will be disposed of on admission.
- Clients may keep one lighter on them throughout their stay at the WMS. Additional lighters will be disposed of on admission.
- Clients may keep their vaping device or e-cigarettes on them throughout their stay so long as there are no signs of misuse or tampering (such as dripping, dabbing, or storing other substances in the battery compartment). Clients may keep one e-cigarette cartridge on them at a time, and staff will safely lock up additional cartridges, providing them to clients as required. Any equipment that appears tampered with will be disposed of on admission.
- Staff should consider monitoring a client in acute withdrawal when outside. The need to accompany the client will be based on wellness of the client and level of intoxication or withdrawal.
- Staff will not smoke in the presence of clients. According to the Smoke-Free Ontario Act, 2017, the smoking of tobacco or medical cannabis, use of electronic cigarettes, and consumption of prescribed products and substances is prohibited in enclosed public and workplaces, including agency vehicles.
- Only staff trained by the TEACH program can admit clients into the STOP program and provide NRT. Any staff may assist clients to self-administer NRT that has previously been provided.
- The NRT product will be logged on the WMS medication sheet and secured in the medication cupboard. The product will be labelled with the client's name and chart number.
- Clients can sign out one day of NRT at a time. The STOP provider will help to determine the appropriate amount per day.
- NRT inhalers must be used outside the building in designated smoking areas.
- Clients will be given two weeks of NRT to take with them when they are discharged from the WMS. Staff will ensure ongoing support and access to NRT has been arranged for the client before discharge.