

TOBACCO-FREE & SMOKE-FREE

Summary & Fact Sheet

For the health and safety of our patients, visitors, employees, and the community, all Central Maine Healthcare owned and leased properties **will be tobacco-free, including parking areas.** The policy applies to anyone on any CMHC campus, including patients, employees, contracted workers, tenants of CMHC, medical staff, students and visitors.

What are the Changes to the Current Policy?

There are 2 significant changes in the current policy:

1. Employees are not allowed to smoke in their personal vehicles parked on CMHC property.
2. If a patient insists on going outside to smoke, the patient will be discharged Against Medical Advice (AMA).

Why did we make these changes:

- Tobacco use, smoking and environmental tobacco smoke pose serious health and safety risks and undermine medical treatment.
- There is no safe level of exposure to tobacco smoke, even when outdoors.
- Seeing people using tobacco and the smell of smoke can trigger the urge to smoke. This is very hard on people, including patients and families, who are trying to quit.
- Third-hand smoke (smoke odor on clothing and hair) is harmful to patients, visitors, and staff.
- This policy will help us meet the goal of becoming a gold star hospital under the standards of the Maine Tobacco-Free Hospital Network.



What Changes Will I See?

- Smoking and tobacco use are not allowed on our grounds. This includes all grounds of Central Maine Healthcare, parking lots, **personal vehicles** and other properties.

Use of the following is not permitted on CMHC property:

- Cigarettes
 - Cigars
 - Pipe smoking
 - Electronic cigarettes (e-cigarettes)
 - Chewing tobacco
 - Snuff
 - Marijuana
 - Other non-approved FDA devices
- Employees who use tobacco products during nonworking hours are not to have a recognizable odor of tobacco smoke while on duty.
 - There is no smoking in any CMHC owned or leased vehicle.
 - Should a patient choose to go outside to smoke, we will not prohibit this; however, the patient is then choosing to leave their hospital stay Against Medical Advice (AMA).

What is my Role in the Policy Change?

- Read and be familiar with the Tobacco-Free & Smoke-Free Policy. This information can be found under the Education tab on the CMH Portal.
- Help patients, visitors, and employees understand that this policy is about health and safety.
- Assist with policy adherence. Read the Tobacco Staff Guide. The guide can be found under the Education tab on the CMH Portal.
- Support the good relationship that we have with our neighbors, and help others remember not to smoke or litter in front of neighborhood homes.

What is CMHC Doing for Patients?

- Patients and families will be educated about the policy, before admission when possible.
- Healthcare providers will offer nicotine replacement therapy (NRT), such as gum, patches, and lozenges, as clinically appropriate.
- Central Maine Healthcare will continue to offer tobacco treatment services and support.

What Support and Resources Are Available to Employees?

No one is being asked to quit using tobacco, but resources are available for anyone interested in quitting.

- **Central Maine Medical Family Healthy Decisions:** 207-330-7757
- **Quit for Life** classes are available free of charge through the Dempsey Center, 1-207-795-8250
- **The Center for Tobacco Independence:** 207-662-7150
- **The Maine Tobacco Helpline:** 1-800-207-1230
- **Partnership for A Tobacco-Free Maine** www.tobaccofreemaine.org
- **Become an Ex:** www.becomeanex.org

Questions? Policy questions may be directed to your manager or Human Resources.



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