

# Breathe Easy

## Smoke-free Guide for Patients, Visitors and Employees

### Frequently Asked Questions (FAQ)

**Notice to our patients, visitors and employees:** Effective April 2, 2008, UW Hospital and Clinics is 100 percent tobacco free on all surrounding grounds and facilities owned, leased or operated by UWHC. Previously the smoke-free zone applied to the building interiors and within 25 feet of the building entrances but the smoke-free zone, coordinated with the revised UW-Madison campus smoke-free policy, extends to cover all UW health science campus areas including the UW Schools of Medicine & Public Health, Nursing and Pharmacy, as well as the Waisman Center. The policy also applies to all UW Medical Foundation sites and all UW Health clinics and administrative sites.

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Information for patients and visitors is available on  
uwhealth.org:  
[www.uwhealth.org/tobaccofree](http://www.uwhealth.org/tobaccofree)

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Information for employees is available on  
U-Connect:  
[uconnect.wisc.edu/tobaccofree](http://uconnect.wisc.edu/tobaccofree)

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### **Q WHY ARE YOU GOING 100 PERCENT SMOKE-FREE?**

**A** Smoking and second-hand smoke is widely recognized as the single most important cause of preventable human disease, including lung cancer, heart disease and emphysema. UW Health and the UW health sciences schools have a responsibility to implement a policy that promotes a healthy environment for all patients, visitors, employees, students and medical trainees.

### **Q TO WHOM DOES THIS POLICY APPLY?**

**A** The smoke-free policy applies to all employees, patients, visitors, vendors, students, medical residents and faculty on all property and grounds owned, leased or operated by UW Hospital and Clinics. Previously the smoke-free zone applied to the building interiors and within 25 feet of the building entrances but the smoke-free zone, coordinated with the revised UW-Madison campus smoke-free policy, extends to cover all UW health science campus areas including the UW Schools of Medicine & Public Health, Nursing and Pharmacy, as well as the Waisman Center. The policy also applies to all UW Medical Foundation sites and all UW Health clinics and administrative sites. Violation of this policy by UWHC employees can result in discipline up to and including termination.

### **Q WHERE CAN I SMOKE?**

**A** To provide a healthier environment for patients, visitors and staff, University of Wisconsin Hospital and Clinics has adopted a newly expanded smoke-free policy. As of April 2, 2008, use of any tobacco product is prohibited on all surrounding UWHC grounds including all facilities owned, leased or operated by UWHC. Previously the smoke-free zone applied to the building interiors and within 25 feet of the building entrances but the smoke-free zone, coordinated with the revised UW-Madison campus smoke-free policy, extends to cover all UW health science campus areas including the UW Schools of Medicine & Public Health, Nursing and Pharmacy, as well as the Waisman Center. The policy also applies to all UW Medical Foundation sites and all UW Health clinics and administrative sites. This is a zero-tolerance policy that does not allow smoking on any of the properties listed previously.

### **Q AS A PATIENT, WHERE CAN I GET HELP TO QUIT SMOKING?**

**A** To help reduce immediate cravings and urges, nicotine replacement products such as lozenges, gum and patches can be purchased on request at UW Health pharmacies. At the hospital, these products are available at the Outpatient Pharmacy, E5/230; UW Health-Children's Pharmacy; and Mendota Market, located across from the cafeteria on Level 1.

There are a variety of resources in the state for smoking cessation including:

#### **Tobacco Quit Line (Operated by the Center for Tobacco Research and Intervention or CTRI):**

- Free, confidential help over the telephone
- Helps to develop a quit plan
- Provides information about medications and tips for overcoming cravings
- Quit Line coaches call during quit attempt if and when desired
- Available at 1-800-QUIT-NOW (784-8669), seven days a week from 7 a.m. to 11 p.m.

The CTRI's 1-800-QUIT-NOW phone line has helped more than 50,000 Wisconsin residents and has a 91 percent satisfaction rating from callers.

Please visit their website at: [www.ctri.wisc.edu](http://www.ctri.wisc.edu)

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## **UW Cessation and Prevention Clinic (at the CTRI)**

- Offers intensive in-person quit smoking help including:
  - Physical examinations (including a lung capacity test)
  - Medications
  - Available on Monday evenings
  - Sliding scale payment
- Offers free support group sessions twice a week

E-mail: [infoctri@ctri.medicine.wisc.edu](mailto:infoctri@ctri.medicine.wisc.edu)

UW-CTRI Main Office  
1930 Monroe, Suite 200  
Madison, WI 53711  
Phone: 608-262-8673

### **Medications:**

- Talk to your physician about the following products which require a prescription (typically covered to some degree by health plans)
  - Nicotine inhaler
  - Nicotine spray
  - Nicotine patch (if prescribed)
  - Bupropion (Zyban)
  - Varenicline (Chantix)
- UW Health's on-site pharmacy carries over-the-counter medications (not typically covered by health plans):
  - Nicotine patch
  - Nicotine gum
  - Nicotine lozenge

## **Q WHAT ARE YOU GOING TO DO TO HELP PATIENT FAMILY MEMBERS WHO SMOKE?**

**A** We understand that the smoke-free policy is challenging, but resources are available to help break the nicotine habit. The University of Wisconsin Center for Tobacco Research and Intervention (CTRI) offers phone counseling and free medications at 1-800-QUIT-NOW. The Quit Line has helped more than 50,000 Wisconsin residents and has a 91 percent satisfaction rating from callers.

To help reduce immediate cravings and urges, nicotine replacement products such as lozenges, gum and patches can be purchased on request at UW Health pharmacies including the UW Hospital and Clinics' Outpatient Pharmacy, at E5/230, and UW Health-Children's Pharmacy. They are also available at the hospital's Mendota Market located across from the cafeteria on Level 1.

## **Q WHERE CAN I BUY NICOTINE REPLACEMENT PRODUCTS?**

**A** To help reduce immediate cravings and urges, nicotine replacement products such as lozenges, gum and patches can be purchased on request at UW Health pharmacies. At UW Hospital and Clinics, nicotine replacement products can be purchased on request at UW Health-Outpatient Pharmacy, E5/230, and UW Health-Children's Pharmacy. They are also available at the hospital's Mendota Market across from the cafeteria on Level 1.

## **Q WHAT SHOULD I DO IF I OBSERVE SOMEONE SMOKING?**

**A** Please go to the Visitor Information desk in the main hospital lobby and let them know, or tell a valet staff person or security personnel if they are nearby, and the individual who is smoking will be politely informed of the policy. At UW Health clinics, please let alert someone at the reception desk. Employees may choose to let the individual who is smoking know about the enhanced policy or they can also report smoking violations by staff to Security or to a manager who will work with Human Resources in following up with the employee.

## **Q ARE OTHER HEALTH CARE FACILITIES SMOKE-FREE?**

**A** Smoking and second-hand smoke is widely recognized as the single most important cause of preventable human disease, including lung cancer, heart disease and emphysema. The decision to prohibit smoking is an issue that all U.S. hospitals are facing and are increasingly choosing as a healthy option for their patients, visitors and employees. In fact, 96 percent of Wisconsin hospitals are smoke free. Meriter Health Systems and St. Mary's Hospital have announced they are also 100 percent smoke free and the William S. Middleton Memorial Veterans Hospital is also evaluating this policy.