

NHS Greater Glasgow and Clyde

**NHS BOARD MEETING**

Director of Public Health

19 April 2016

Paper No: 16/16

**NHSGGC Smokefree Policy: Use of e-cigarettes and Smokefree environments**

**Recommendation:-**

- The Smokefree Policy is amended as described and the associated guidance document produced;
- The Boards position on Smokefree environments is reinforced through the formal adoption of ASH Scotland Charter by NHSGGC;
- A high profile media approach is adopted to raise the profile of tobacco control and the impact of second hand smoke on children in conjunction with the delivery of local Tobacco Strategies;
- Further update will be provided to the Board in 12 months.

**Purpose of Paper:-**

This paper provides the Board with an update on the consultation exercise; summarises the proposed policy amendments and outlines a wider policy position for the Board in relation to smokefree public places.

**Key Issues to be considered:-**

- Proposed amendment to NHSGGC Smokefree Policy to permit e-cigarettes use on NHSGGC grounds.
- Consideration of formal adoption of ASH Scotland charter to promote tobacco control in child and youth environments.

**Any Patient Safety /Patient Experience Issues:-**

- Policy will allow greater patient, visitor and staff choice with regard to nicotine replacement as part of smoking cessation support.
- Policy will provide additional options for the management of nicotine withdrawal symptoms.

**Any Financial Implications from this Paper:-**

N/A

**Any Staffing Implications from this Paper:-**

N/A

**Any Equality Implications from this Paper:-**

N/A

**Any Health Inequalities Implications from this Paper:-**

Exposure to second hand smoke is most concentrated within families living in deprived communities and therefore measures to increase smokefree environments will impact on children living in deprived areas.

**Has a Risk Assessment been carried out for this issue? If yes, please detail the outcome:-**

Yes – risk assessment has highlight need for specific guidance in relation to the charging of devices requires to be developed.

**Highlight the Corporate Plan priorities to which your paper relates:-**

Prevention and early intervention.

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**Date** – 19/04/16

## **NHSGGC Smokefree Policy: Use of e-cigarettes and Smokefree environments**

### **1. Background**

Scotland Tobacco Control Strategy: Creating a Tobacco-free Generation calls for all NHS Boards to implement smokefree grounds. The NHSGGC Board received a paper in December 2015 outlining proposals to amend the current NHSGGC Smokefree Policy to permit the use of e-cigarettes in the grounds of NHSGGC premises by patients, visitors and staff. The proposed amendment provides consistency of position between use of e-cigarettes on NHS grounds and the 'e-cig friendly' approach recommended by cessation services.

The Board requested that a consultation was undertaken to inform the proposed amendment prior to formal adoption.

This paper provides the Board with an update on the consultation exercise; summarises the proposed policy amendments and outlines a wider policy position for the Board in relation to smokefree public places.

### **2. NHSGGC Smokefree Policy Consultation**

A consultation exercise was undertaken with Directors; Chief Officers; Senior Managers and Partnership Director Mental Health Implementation Group, Tobacco Planning and Implementation Group, etc during February 2016. The consultation identified support for the proposal outlined below.

The following general principles of e-cigarette use in NHSGGC were proposed:

1. E-cigarettes may be used in grounds
2. E-cigarettes may not be used in buildings
3. The use will be permitted for patients, visitors and staff with restrictions
4. The type of e-cigarette permitted will be specified for inpatients e.g. prefilled only
5. Restrictions for staff usage will be specified e.g. rest breaks only
6. Guidance will be provided regarding safe charging of e-cigarettes (specific restrictions for charging will apply for Mental Health inpatients)

Key issues identified during the consultation included:

- Patient and staff safety: A number of restrictions are required regarding permitted types of e-cigarettes, practicalities around arrangements for charging devices and also restrictions for some patients within Mental Health Facilities based on local discretion. For all hospital inpatients, only prefilled types of e-cigarette will be permitted.
- Communication / policy promotion: Clear guidance on the type of e-cigarettes permitted will be required. Emphasis on non congregation at entrances / exits to be communicated to all patients, visitors and staff in routine communications.
- Location: Practicalities relating to regulation of use in designated areas or 5 metre restricted zones would create a significant challenge in ensuring compliance. Further discussion and dialogue with smokefree implementation groups indicated

that the 5 metre zone is impractical and as such it is proposed that a general statement that e-cigarettes are allowed in all grounds should be adopted. The prohibited use of e-cigarettes within buildings requires to be reinforced.

- Implementation: The policy would continue to be implemented and monitored through existing arrangements.

It is therefore proposed that the current policy should be amended to incorporate the use of e-cigarettes and that there should also be associated guidance relating to the practicalities such as charging of these devices described above. A sub group of the Tobacco PIG will finalise the Policy changes and draft an associated guidance document following Board approval.

### **3. Proposed Policy Amendment**

#### **3.1 The current Smokefree Policy wording:**

Summary – ‘E-cigarettes’/smokeless cigarettes will also be prohibited by this Policy.

Policy details – E cigarettes/smokeless cigarettes; The use of e-cigarettes are not permitted in NHS buildings or on grounds. These products are currently not regulated and there are concerns over potential safety issues with the product. In addition e-cigarettes mimic the habit and look of smoking and therefore provide negative role modelling for young people. The use of e-cigarettes will be reviewed once regulations are in place.

#### **3.2 The following changes to the Policy are proposed**

Summary – Electronic(e) cigarette use in NHSGGC grounds will be permitted by the Policy in accordance with Section 2.3. (Policy details – see below).

Policy details – E cigarettes; The use of e-cigarettes are permitted within NHSGGC grounds.

Patients, visitors and staff will be able to use e-cigarettes in the grounds as above (local restrictions will be identified on Mental Health sites). Staff may only utilise e-cigarettes during rest breaks. Inpatients are required to utilise prefilled e-cigarette varieties only. Specific guidance will be provided regarding the electric charging of e-cigarettes.

### **4. Smokefree Public Places**

The Scottish Government’s tobacco strategy [Creating a Tobacco-Free Generation](#) aims to make Scotland smokefree by 2034.

Delivery of this aspirational commitment requires a concerted and refreshed effort to change the social norm and public acceptability of smoking in order to address the adverse impact of tobacco on children.

Infant mortality rate is one of the highest in Western Europe; linked to the impact of smoking and second hand smoke exposure. Smoking in pregnancy remains high with variations not explained by socio-economic deprivation. The Health and Wellbeing Survey identified the youngest age groups, men and those in the most deprived areas as being the most likely to be exposed to second hand smoke; the rates of exposure were as high as 61% among respondents in one area of Glasgow compared to an average rate of 39% for Glasgow City and 35% for NHSGGC overall.

A smokefree generation will require continued reduction in smoking prevalence, through the reduced uptake of smoking, particularly in young people, alongside smoking cessation and reduced exposure to second hand smoke.

All NHSGGC Health and Social Care Partnerships have a 'live' Tobacco Strategy or Action plan developed in partnership with a range of Local Authorities and third sector organisations which provide the foundation for the Board's work on tobacco control. A key action within all Tobacco strategies is the development of smokefree public places and homes. This should include specifically a focus on environments frequented by children and young people including the home.

NHSGGC has a long history of successful partnership working with Ash Scotland around legislation and tobacco control over the recent decades. ASH Scotland have now produced a Charter with six key principles all of which are closely aligned to the existing local tobacco strategies but seek to raise the profile of tobacco control interventions and makes a real impact on health by protecting children from tobacco (Appendix 1).

It is therefore proposed that the NHS Board and Integrated Joint Boards consider the opportunities presented by both the revised NHSGGC policy commitment above and Ash Scotland Charter to increase the profile of tobacco control and develop a related action plan that make smoke free environments for children a reality.

The Board are therefore asked to consider formally signing the ASH Charter and supporting a series of high profile initiatives around smokefree child and youth environments across Health and Social Care Partnership areas.

## **5. Recommendations**

- The Smokefree Policy is amended as described and the associated guidance document produced.
- The Boards position on Smokefree environments is reinforced through the formal adoption of ASH Scotland Charter by NHSGGC
- A high profile media approach is adopted to raise the profile of tobacco control and the impact of second hand smoke on children in conjunction with the delivery of local Tobacco Strategies.
- Further update will be provided to the Board in 12 months.

## **Appendix 1: ASH Scotland Charter 2016**

I/We the undersigned:

- know that because tobacco related disease kills half of all long-term smokers we can make a real impact on health by protecting children from tobacco
- can help prevent childhood addiction to nicotine that can make quitting later in life more difficult
- want to ensure that all young people, no matter what disadvantages they may suffer in life, can be free from the physical, mental and financial harms caused by tobacco
- know that by working together we can change any culture that supports the supply of tobacco to young Scots, to create a generation free from tobacco by 2034

**By supporting this Charter we pledge to review our own personal views, policy and practice so we can confidently help protect children from tobacco and so reduce the burden of tobacco on our communities.**

The principles we support:

1. every baby should be born free from the harmful effects of tobacco
2. children have a particular need for a smoke-free environment
3. all children should play, learn and socialise in places that are free from tobacco
4. every child has the right to effective education that equips them to make informed positive choices on tobacco and health
5. all young people should be protected from commercial interests which profit from recruiting new smokers
6. any young person who smokes should be offered accessible support to help them to become tobacco-free