

# NHS Lanarkshire Acute Services

## Standard Operating Procedure ~ Clinical Processes

No: 2

**Procedure:** Management of inpatients nicotine addiction

**Procedure Aim:** Provision of safe and effective person centred care

### Background :

Milligram for milligram **nicotine** is **ten** times more **potent** than heroin. Inpatients addicted to nicotine will quickly experience uncomfortable withdrawal symptoms (**1-2 hrs** from the last cigarette smoked). These symptoms have the potential to cause disruptive behaviour which can include agitation, aggression, confusion, sleep disturbance, anxiety, and cravings. The Management of Nicotine Addiction Assessment Tool should be used to ensure patients who smoke are supported to manage withdrawal from nicotine whilst in hospital and referred to the stop smoking service if they wish to stop. Patients who decline the offer of support with their addiction may try to leave the safety of the clinical area to self manage their withdrawal symptoms through continuing to smoke.

### Procedure :

*Clinical staff must:*

- Ask all patients if they smoke on admission
- Inform patients of the organisation's No Smoking Policy
- Follow the Management of Nicotine Addiction Assessment Tool (Inpatients)
- Protect patients health and safety, by encouraging them not to leave the clinical area to smoke
- Escalate any concerns to their line manager, medical staff, consultants or senior management
- Should a patient ignore all advice and leave the clinical area to smoke, the patients should not be escorted by any member of staff
- Ensure incidents are recorded in the patients notes and Datix (when relevant)

**Patients who attempt to smoke within the hospital building pose a fire risk.**

- Patients who smoke should be encouraged to give their smoking related products to their visitors or to staff in order that these can be stored in a safe place and returned upon discharge.

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