

Frequently Asked Questions

Q. Why is UAMS campus smoke-free?

A. Get Healthy UAMS is striving to create an environment that is committed to healthcare –wellness and prevention as well as treatment. Modeling healthy behaviors is important to our patients, employees, and community.

Q. Why was smoking selected versus other health risks?

A. Smoking is just one of several health issues that will be addressed.

Here are a few tobacco related facts:

- Over 430,000 people die prematurely each year from smoking related diseases. This is more than alcohol, cocaine, crack, heroin, homicide, suicide, car crashes, fires, and AIDS combined.
- Smoking is a factor in heart disease, cancer, stroke, and lung disease.
- Smoking cost the United States approximately \$97.2 billion each year in health-care and lost productivity. In Arkansas, an extra \$413 million in health care costs are a result of tobacco use.
- Patients who smoke regularly before surgery have twice the risk of wound infections as nonsmokers.
- Smoking slows wound healing.
- A smoker's broken bones take almost twice as long to heal as a non-smoker's.

Many people are not aware how smoking impacts health care and recovery. By making our environment smoke-free, we are addressing one of the number one health risks today.

Q. Who does the policy apply to?

A. All persons, including, employees, faculty, students, patients, visitors, contractors, subcontractors, and others in UAMS buildings, parking lots and ramps.

Q. What about employees in building located in building off-campus which are not owned by UAMS?

A. Employees will abide by the smoking policy of the particular building in which they reside.

Q. How is the policy enforced?

A.

- Lack of cooperation or repeated violations will be reported to the individual's supervisor. The supervisor will then attempt to resolve the problem.
- Standard disciplinary procedures will be followed for compliance problems. Violations will result in progressive disciplinary actions, including termination.

Q. Why don't we continue to have selective placement or smoking huts for employees, patients, and visitors?

A. Providing a place to smoke does not support our goal to create a healthier environment for our patients, families, employees, and students. We want to eliminate the triggers that make smoking cessation difficult.

Q. Given the stress that families face during hospitalization, how does this policy support our commitment to “patients and families”?

A. Our intent is to intervene, educate and heal through smoking cessation resources that will assist patients and family members when they are here. Patients and families have access to counselors if they wish to work toward smoking cessation and/or help make their stay more tolerable.

No smoking is allowed on the campus but everyone has access to outer sidewalks to smoke. To keep patient families connected, some areas of the hospital will be provide to family members issued pagers when they leave to smoke. If there is an emergency the pager will activate alerting them to return.

Q. How does the quit tobacco program work?

A. People who are interested in becoming tobacco free or need to be able to handle the nicotine cravings during work hours, free Nicotine Replacement Therapy is available for a six-week period. There are several cessation programs available to assist those who wish to quit. Call 686-7524 for more information.