



# FREQUENTLY ASKED QUESTIONS

## Q. Why is UAMS going smoke-free?

A. As part of our Get Healthy UAMS initiative we are striving to create an environment that is committed to all aspects of healthcare – wellness and prevention – as well as treatment. Modeling healthy behaviors is important to our patients, employees, students, and community.

## Q. Why was smoking selected versus other health risks?

A. Smoking is just one of several health issues that will be addressed as part of Get Healthy UAMS. Here are a few tobacco related facts:

- More than 430,000 people die each year from smoking-related diseases. That is more deaths than those related to 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 costs 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 can be attributed to 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 of the impact smoking has on health care and recovery from illness. By making our environment smoke-free, we are addressing the number one health risk today.

## Q. Who does the policy apply to?

A. All people on our campus and in buildings owned by UAMS including, employees, faculty, students, patients, visitors, contractors, subcontractors, and others in UAMS buildings, parking lots and ramps.

## Q. What about employees in buildings located off-campus that 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 or if they need help to make their stay more tolerable.

No smoking is allowed on the campus. To keep patient families connected, some areas of the hospital will issue pagers to family members of patients who leave the campus to smoke. If there is an emergency the pager will activate alerting them to return to UAMS.

## Q. How does the quit tobacco program work?

A. If you are interested in becoming tobacco free or need help to handle the nicotine cravings. Call 686-7524 for more information.