

Stop Smoking

Get Support to Help You Stop Smoking

Did you know that you are up to 4 times more likely to quit smoking successfully if you use the NHS Stop Smoking Service and stop smoking medicines than if you try to quite using will power alone?

Health benefits

Stopping smoking may seem impossible however, with the right support; you can become a non-smoker for good. Here are 10 ways your health will improve when you stop smoking:

	After 20 minutes Check your pulse rate, it will already be starting to return to normal.		After 8 hours Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.
	After 48 hours All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.		After 72 hours If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.
	After 2 to 12 weeks Blood will be pumping through to your heart and muscles much better because your circulation will have improved.		After 3 to 9 months Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.
	After 1 year Great news! Your risk of heart attack will have halved compared with a smoker's.		After 10 years More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

What will quitting be like?

From the moment you stop smoking, your body starts its recovery process. During this time you may find that you experience some nicotine withdrawal and recovery symptoms. You may still have the urge to smoke and you may feel a little restless, irritable, frustrated or tired. Some people also find that they have difficulty sleeping or concentrating. These symptoms will pass. Remember, you're changing your life by quitting.

You'll save money, improve your health and help those closest to you to be healthy as well. Focusing on the positives will help you to stay stopped while the withdrawal and recovery symptoms pass.

Passive smoking

Second-hand smoke is dangerous, especially for children. The best way to protect loved ones is to quit smoking. At the very least, make sure you have a smoke free home and car. When you smoke a cigarette (or roll-up, pipe or cigar), most of the smoke doesn't go into your lungs, it goes into the air around you where anyone nearby can breathe it in. People who breathe in second-hand smoke regularly are more likely to get the same diseases as smokers, including lung cancer and heart disease.

Pregnant women exposed to passive smoke are more prone to premature birth and their baby is more at risk of low birthweight and sudden infant death syndrome (cot death). Children who live in a smoky house are at higher risk of breathing problems, asthma, and allergies.

Children and passive smoking

Passive smoking is especially harmful for children as they have less well-developed airways, lungs and immune systems. Children who live in a household where at least 1 person smokes are more likely to develop:

Asthma, Chest infections (like pneumonia and bronchitis), Meningitis, Ear infections,
Coughs and colds

Children are particularly vulnerable in the family car where second-hand smoke can reach hazardous levels even with the windows open. To protect children, smoking in cars and other vehicles carrying children was banned in 2015. It is against the law to smoke in a private vehicle if there's a young person under 18 present.

If you want help to stop smoking

You can go to a local pharmacy for information and advice about quitting and nicotine replacement therapies. Have a look at these websites for tips on how to quit:

- NHS Smokefree (<http://www.nhs.uk/smokefree>)
- NHS Choices -Stop Smoking

Smokefree has lots of free support to help you stop for good. Choose from smart phone app, email programme or text messages that will help keep you focused wherever you are. Call the free Smokefree National Helpline to speak to a trained, expert adviser.

Call now: **0300 123 1044**

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day. If you are unable to understand this leaflet, please communicate with a member of staff.

For additional medical advice, if your symptoms or condition worsens:

Contact your GP

NHS 111:

Get help with your symptoms, NHS111:
Information to help you manage your health:

Telephone 111

<https://111.nhs.uk/>
www.nhs.uk

In an emergency telephone 999

Emergency Department (A&E)
Alexandra Hospital
Woodrow Drive
Redditch B98 7UB

Tel: 01527 512030

Minor Injury Unit
Kidderminster Hospital
Bewdley Road
Kidderminster DY11 6RJ

Tel: 01562 513039

Emergency Department (A&E)
Worcestershire Royal Hospital
Charles Hastings Way
Worcester WR5 1DD

Tel: 01905 760743