

Smoke-Free Wellbeing Forum

Thursday 22 July 2021

Julia Oxley – General Manager Monash Health Community

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Monash Health acknowledges the Traditional Custodians of the land, the Wurundjeri and Boonwurrung peoples, and we pay our respects to them, their culture and their Elders past, present and future.



What we will cover today?

- **Global, National and State context**
- **Smoke-free at Monash Health**
- **3 Panellists – Q&A**
 - **Louise Godbehere**, Health and Wellbeing Champion and Strategy Resources Officer, Nursing and Midwifery Education and Strategy, Professional Practice Team, Monash Health
 - **David Sloggett**, Quitline Counsellor, QuitVic
 - **Eleanor Kitson**, Pharmacotherapy Nurse Practitioner, Monash Health Drug and Alcohol Services, Mental Health Program.
- **SLIDO questions**



Impact of Tobacco

Worldwide

Despite a steady reduction in smoking globally, tobacco still kills over 8 million people each year

Nicotine contained in tobacco is highly addictive and tobacco use is a major risk factor for cardiovascular and respiratory diseases and many types of cancers

WHO Overview Tobacco 2021

National Drug Strategy Household Survey

Tobacco smoking is the leading cause of preventable diseases and death in Australia

Estimated that 11.6% of adults smoked daily in 2019

AIHW-Australian Government 2021



Why Smoke-free?



- Responsibility to set an example
- People take social cues from what they see
- Comply with Tobacco Act 1987

- No level of exposure to secondhand smoke that is free of risk
- Protect employees, patients and visitors

Victorian research found 84% of adults, including the majority of smokers, disapprove of smoking in hospital grounds

Quit Victoria- Going Smokefree Guide for Health Services, 2017



Smoke-free Research

- Most smokers want to quit smoking. Eight in ten smokers in Victoria say they want to quit smoking (Quit, 2018)
- Advice from a health professional is one of the most effective ways to encourage people to quit, one in every 33 conversations will lead to a patient successfully quitting smoking
- Evidence shows that a comprehensive approach, which includes support like Quitline combined with nicotine replacement therapy or quitting medication, is the most effective way to quit for good (Quit, 2018)



Monash Health Smoke-free

Corporate Smoke-free Committee
Chair: Julia Oxley, GM Community

- People and Culture
- Consumer Representative
- Mental Health
- Pharmacy
- Medical, Nursing, Allied Health representation
- Community Health representation
- Security and Emergency Management
- Support Services
- Engineering
- Site Management
- Public Affairs and Communication

Clinical Smoke-free Sub Committee
Chair: Dr. Shekhar Srinivasan, Consultant Psychiatrist

- Pharmacy
- Mental Health
- Consumer Representative
- Dental Services
- Maternity Services
- Occupational Therapy
- Medical Informatics
- Monash Lung and Sleep
- Preadmission Clinic
- Quality and Safety
- Drug and Alcohol Services



The Smoke-free Action Plan



**No smoking
here**



No ifs or butts



Customer
Security
Officers

New
signage

Children's
Voices
audio
project

Policy,
Procedure,
Clinical
Guideline



Where to get information and support

Manager

Monash Health Employee Assist
1300 687 327

Quitline 137848



Want to talk to the Smoke-free Committee?

contact Katrina.Stevenson@monashhealth.org

