

## **Tobacco and smoke free campus frequently asked questions:**

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- **What does a tobacco and smoke free campus mean?**

Effective April 7, 2014, smoking and the use of tobacco products (including cigarettes, cigars, chewing tobacco, snuff, pipe smoking, and any other form of tobacco) are not permitted by anyone anywhere at Einstein Medical Center Philadelphia, Center One, Willowcrest, Front and Olney, and all Einstein-owned or leased outpatient and practice locations, inside or out. This includes all buildings, grounds, parking lots, and even private cars.

- **Why is this change happening?**

Einstein promotes and believes in wellness, and research has shown conclusively that smoking is dangerous not only to the health of the smoker, but to everyone around him or her. We have developed our tobacco and smoke free policy to provide a healthy and safe environment for employees, patients, and visitors, and to promote positive health behaviors – all in alignment with our Mission, Vision, and Code of Conduct. And, while Einstein is certainly a leader in health promotion and staff wellness, prohibiting the use of tobacco onsite has become the standard for many health care institutions and other organizations in our area and across the nation.

- **To whom does the policy apply?**

Everyone – including employees, patients, visitors, volunteers, contractors, vendors, and anyone else who works or visits our campus building, grounds, or parking lots.

- **Is smoking allowed inside cars?**

No. Cars parked on hospital property, in parking lots or on the grounds, are also considered smoke and tobacco free zones. And the use of tobacco products is not allowed in any Einstein-owned or leased vehicles.

- **Will staff or visitors be able to smoke on public property for lengthy periods of time?**

Smoking will not be allowed on the sidewalks immediately adjacent to our facilities. In keeping with our Code of Conduct, we want to be good neighbors and good members of the community. Consideration needs to be extended to neighboring properties. Smoking, congregating, or littering in neighbors' driveways and /or yards is un-neighborly and unacceptable.

- **How will this tobacco-free policy be enforced?**

It is the responsibility of all Einstein employees to create and maintain a healthy environment for our patients, visitors and each other. All employees are expected to educate patients and visitors on this policy, and to remind fellow employees about compliance. Scripts have been prepared to help you find the right words to use. Our hope is that we can work together to enforce this policy through friendly, respectful interactions, in accordance with our Code of Conduct. With staff, our goal is to use coaching and support rather than discipline to deal with employees who use tobacco products on our grounds once the new policy is in effect. However, individuals who show a repeated, flagrant disregard for the policy will be dealt with through the Performance Accountability process.

- **Isn't smoking a personal, legal right?**

Smoking is a personal choice, but there is no legal, protected right to smoke. And, it's important to remember that we are *not* asking anyone to quit using tobacco products – only to refrain from using them on the campuses of Einstein Medical Center Philadelphia, Center One, Willowcrest, Front and Olney, and All Einstein-owned or leased outpatients and practice locations.

- **Doesn't this policy punish smokers?**

Our new policy isn't intended to punish anyone. It's designed to provide all staff with a healthy and safe workplace and to treat patients in a healthy and safe environment. Our tobacco-cessation program and related activities show our commitment and leadership in health promotion and disease prevention for our staff, patients, and our community. We will be providing a variety of tools for our employees, including:

- **LiveWell Quit Smoking Program** – Call 215-456-8484, press #2, then #3
  - Receive for FREE the nicotine replacement therapy patch, lozenge, or gum
  - For all Benefit eligible employees and family members
  - Here's how:
    - Call 215-456-8484. Press #2 then #3
    - Once you speak with a coach, your name will be added to a list of benefit eligible employees who meet the requirement to receive Nicotine Replacement Therapy
    - Call the Einstein LiveWell Pharmacy at 215-456-4660 after you speak with a coach to order the nicotine patch or gum
- **Carebridge** – Call 215-456-8484, press #3
  - Speak with a Carebridge counselor for FREE

- Calls are always confidential
- Counselors available to speak 24/7
- Receive in depth resources about a wide variety of topics
  
- **Pennsylvania’s FREE “Quitline”** – Call 1-800-784-8669
  - Speak to a clinically trained tobacco cessation counselor – available to talk 24/7
  - Free one-on-one follow-up counseling sessions scheduled at your convenience
  - Available in English, Spanish, and other languages as needed
  - Free nicotine replacement products
  - To find free “Stop Smoking” classes in the Philadelphia and New Jersey area, call **SmokeFree Philly** at 215-683-5483, or visit [www.smokefreephilly.org](http://www.smokefreephilly.org).
  
- **“Tips to get through the day” online at [www.einsteinlivewell.com](http://www.einsteinlivewell.com)**
  
- **Support and scripts** to help our staff and nurses become more comfortable discussing the “tobacco- and smoke-free campus” policy with other staff, visitors, and patients.
  
- **What kind of support is provided to inpatients who smoke?**

A clinical team with representatives from Einstein acute care physicians and staff has been working to prepare for this change. Smokers who consent to Nicotine Replacement Therapy (NRT) will be put on the Patch Plus program.
- **Can an employee be disciplined for carrying cigarettes?**

No. Carrying tobacco products is not prohibited, only the use of such products. To avoid the appearance of non-compliance, such products should be kept in a pocket or purse.
- **If I have to walk farther to reach public property where I can smoke, will I get more break time?**

No. That would be unfair to co-workers and hurts our ability to treat patients. Failure to return from break on time will be treated as a violation of our standards of employee conduct.

