

# Smoke-Free Healthcare Facilities



While healthcare facilities seem like an obvious place to ban smoking, this has not always been the case and the overall use of tobacco products in many healthcare settings is not well-regulated. Over the past decade, smoking in and around hospital sites has become increasingly rare; however, smoking in other types of healthcare facilities, such as psychiatric wards, nursing homes, and other forms of in-patient clinics, is still common.

## The Case for Smoke-Free Healthcare Facilities

Tobacco use continues to be the leading cause of preventable disease and death throughout the US. While smoking is detrimental to the individual user's health, those in the smoker's surroundings can experience the same detriment. Exposure to secondhand smoke increases a nonsmoker's risk of developing conditions such as heart disease and lung cancer, and even in an outdoor setting, standing within 20 feet of a smoker can result in the inhalation of a significant level of toxins. The creation of smoke and tobacco-free policies can combat this risk, and because healthcare sites are already housing individuals of weakened health statuses, it is especially important for smoking and tobacco-related activity to be expelled from these vicinities.



## Change Movement

In the 1980s and 1990s, a national movement was started as it became clear that smoking in hospitals was detrimental to the health of both employees and patients. In 1993, the Joint Commission on the Accreditation of Health Care Organizations (JCAHO) imposed an ordinance requiring hospitals to ban smoking indoors, but did not establish any restrictions on smoking around other parts of hospital campuses. Within one year, more than 96% of hospitals were smoke-free, and 40% had tighter restrictions than were required. While this is a great start, more work remains to be done before hospitals will be entirely smoke-free, and a greater consideration should be given to other healthcare facilities that do not fall under the Joint Commission's regulation.

### *Nursing Facilities*

There are no national guidelines for smoking policies in nursing homes and few states have comprehensive bans for these facilities. While nursing homes can create their own smoking policies, they are not required to do so and this results in additional work for each individual site as they must establish an independent no-smoking policy.

### *Psychiatric Wards*

There has been some concern that banning smoking on psychiatric ward campuses could aggravate and confound psychiatric symptoms.

However, Cedric Smith and colleagues found that while a smoking ban caused anxiety and nicotine withdrawal symptoms in the first 1-3 days of a person being admitted to the psychiatric ward, there were no long term effects [1].



## Progress to Date

Currently, many hospitals, clinics, and psychiatric facilities are taking matters into their own hands and further promoting the health and safety of their communities by voluntarily adopting 100% smoke-free grounds policies to protect employees, patients, and visitors from secondhand smoke exposure. Kaiser Permanente, Mayo Clinic, SSN Health Care, and CIGNA Corp. have paved the way as 4 prominent, national providers with 100% smoke-free grounds policies, which extend to all their respective facilities, campuses, and office buildings. Again, this is a great start, but there are many healthcare facilities across the nation that still allow smoking on their premises, and banning smoking both indoors and within a facility's exterior campus has shown to reduce both patient and employee smoking levels, and creates a better healing environment for patients, practitioners, and visitors of the facility.

California-Based Hospitals, Healthcare Systems, and Clinics with 100% Smoke-free Campus Grounds Policies*	
Alameda County Medical Center (5 campuses)	Metropolitan State Hospital
Alta Bates Summit Medical Center (2 campuses)	Mission Hospital
Ampla Health (12 campuses) +	Mountain Community Medical Services (formerly Trinity Hospital)
Antelope Valley Hospital	Novato Community Hospital
Arroyo Grande Community Hospital	Orange Coast Memorial Medical Center
Banner Health (Banner Lassen)	Palomar Pomerado Health (4 campuses)
Barton Health /Barton Memorial Hospital (14 campuses) +	Pioneers Memorial Hospital
Catalina Island Medical Center	Rideout Health (31 campuses)
Catholic Healthcare West North State (3 campuses)	Riverside Community Hospital
Cedars-Sinai, Los Angeles (9 campuses)	Riverside Medical Center
Children's Hospital Central California (5 campuses)	Robert E. Bush Naval Hospital
City of Hope National Medical Center	Saddleback Memorial Medical Center
Coastal Cancer Care and Diagnostic Center	San Francisco General Hospital
Coastal Surgical Institute	San Joaquin Community Hospital
Community Hospital of San Bernardino	Santa Rosa Memorial Hospital
Community Memorial Hospital Systems (13 campuses) +	Sharp HealthCare (7 campuses) +
Del Norte Community Wellness Center	Shriner's Hospital Sacramento
Dominican Hospital	Sierra Nevada Memorial Hospital
Edgemoor Hospital	Sierra Vista Regional Medical Center
Eisenhower Medical Center	Simi Valley Adventist Hospital
El Camino Hospital, Los Gatos	Simi Valley Hospital
El Camino Hospital, Mountain View	Sonora Regional Medical Center
Enloe Medical Center (12 campuses)	St. Bernardine Medical Center
Family Healthcare Network	St. John's Regional Medical Center and Pleasant Valley Hospital (2 campuses)
Feather River Hospital	St. Joseph Hospital
French Hospital Medical Center	St. Joseph's Medical Center
Glendale Adventist Medical Center	St. Jude Medical Center
Glendale Memorial Hospital and Health Center	Stanford Hospital
Henry Mayo Newhall Memorial Hospital	Stanford University School of Medicine
Horizons Unlimited (6 campuses) +	Sutter Amador Hospital
Huntington Memorial	Sutter Coast Hospital
John F. Kennedy Hospital	Sutter Medical Center Sacramento
John Muir Medical Center	Sutter Roseville Medical Center
Kaweah Delta Health Care District (4 campuses) +	Tehachapi Valley Healthcare District
Kentfield Rehabilitation and Specialty Hospital	Tri-City Healthcare District - San Diego County (2 campuses) +
Lake Erie College of Osteopathic Medicine	Tri-County Health Care District +
Lucille Packard Children's Hospital	Tulare Regional Medical Center (4 campuses)
Marian Medical Center	University of California Los Angeles Medical Center & Orthopaedic Hospital
Marshall Medical Center	University of California, Davis Medical Center
Mercy General Hospital	University of California, San Francisco (UCSF) Medical Center
Mercy Medical Center Merced	University of California, San Diego Health Sciences (5 campuses)
Methodist Hospital	Watts Healthcare Corporation +

\*Smoke-free campus grounds bans smoking across entire campus, including but not limited to facility buildings, outdoor areas, and parking lots.

+Smoke-free policy extends to all medical facilities owned and operated by the health system.

1. Smith, C.M., Pristach, C.A., & Cartagena, M. (1999). Obligatory cessation of smoking by psychiatric inpatients. *Psychiatric Service* 50(1): 91-94.