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Effect of a smoke-free policy on staff attitudes and behaviours within an Australian metropolitan health service: a 3 year cross-sectional study

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As of 1st September 2010 all Peninsula Health sites will become Smoke-free. This means that smoking shelters will be removed and smoking will not be permitted on any Peninsula Health site, or in any building, carpark or car belonging to the Health Service.

Staff, patients and visitors who smoke will be offered support to manage cravings and/or to quit smoking. The purpose of this survey is to encourage staff input and to assist us in refining our Smoke-free plan.

Please take a couple of minutes of your time to give us your thoughts and feedback.

For more information please contact Vicki Bonnamy, Human Resources on (03) 9788 1244 or vbonnamy@phcn.vic.gov.au. We appreciate your time and feedback.

Where do you work most of the time?

- | | | |
|--|---|--|
| <input type="radio"/> Davey Street / Playne Street | <input type="radio"/> RRACS | <input type="radio"/> Rosebud Rehabilitation Service |
| <input type="radio"/> Frankston Hospital | <input type="radio"/> Michael Court | <input type="radio"/> Rosebud Hospital |
| <input type="radio"/> Frankston Integrated Health | <input type="radio"/> Mornington Centre | <input type="radio"/> Rosewood House |
| <input type="radio"/> Golf Links Road | <input type="radio"/> Mornington Community Health | <input type="radio"/> Ross Smith Avenue |
| <input type="radio"/> Hastings Community Health | <input type="radio"/> Mount Eliza Centre | <input type="radio"/> Spray Street |
| <input type="radio"/> Other (please specify) | | |

What is your role?

- | | |
|---|--|
| <input type="radio"/> Doctor | <input type="radio"/> Volunteer |
| <input type="radio"/> Nurse/Midwife | <input type="radio"/> Allied Health |
| <input type="radio"/> Administration/Ward Clerk | <input type="radio"/> Executive / Management |
| <input type="radio"/> Support Services | |
| <input type="radio"/> Other (please specify) | |

What is your age?

- 18 - 29
- 30 - 49
- 50+

What is your gender?

- Male
- Female

What is your postcode?

Which of the following best describes you?

- A person who smokes daily
- A person who smokes at least weekly (but not daily)
- A person who smokes less than weekly
- An ex-smoker (smoked over 100 cigarettes in lifetime)
- A person who has never smoked

How many cigarettes on average do you smoke each day?

Less than 15

15 to 24

Over 25

Do you smoke during work hours?

- Yes
- No
- Sometimes

Will a Smoke-free workplace:

- Help you cut down?
- Create difficulties for you?
- Encourage you to quit?
- Not affect you at all?

If yes, what difficulties -

Will you be interested in seeking any help to manage or quit smoking?

- Yes
- No

If you were interested in joining a staff QUIT program, please indicate what times would best suit you?

- | | | |
|--|--|---|
| <input type="checkbox"/> Weekday | <input type="checkbox"/> Early Afternoon | <input type="checkbox"/> Late Afternoon |
| <input type="checkbox"/> Weekend | <input type="checkbox"/> Early Evening | <input type="checkbox"/> Late Evening |
| <input type="checkbox"/> Early Morning | <input type="checkbox"/> Late Morning | |

What support strategies do you think would be helpful for STAFF who want to decrease or quit smoking?

- Patches/Lozenges/Inhaler etc.
- Quitline
- Pharmaceutical
- Individual 1:1 Counselling
- Staff Quit Programs
- Written Information
- Other (please specify)

What support do you think Peninsula Health could provide to PATIENTS, VISITORS or CLIENTS who smoke?

- Written Information
- Advice from a health professional during first visit
- Local QUIT Programs
- Individual 1:1 Counselling from all types of health professionals (eg. Dentist; Physio; Nurse)
- Ongoing support after first visit
- Patches/Lozenges/Inhaler etc provided during visit
- Other (please specify)

Have you ever been bothered of affected by smoke in your work area or elsewhere in the workplace?

- Yes
- No

If yes please indicate in what ways you have been bothered or affected by tobacco smoke, and/or describe the work locations most troublesome to you:

Do you have any other comments about Peninsula Health becoming Smoke-free or the support services offered to people who smoke?

On 1st September 2010 Peninsula Health became Smoke free. This survey is to help us monitor changes that may have occurred since the policy was introduced, and to obtain your feedback. If you have already filled in a paper copy of this survey please disregard this version, you only need to complete the survey once.

Results will remain anonymous and only unidentified data will be reported. For more information please also refer to the SurveyMonkey privacy policy.

We appreciate your comments and feedback.

Where do you work most of the time?

- Davey St / Playne St
- Frankston Hospital
- Frankston Integrated Health
- Golf Links Road
- Hastings Community health
- RRACS
- APRC
- Michael Court
- Mornington Centre
- Mornington Community Health
- Mount Eliza Centre
- Rosebud Rehabilitation Service
- Rosebud Hospital
- Rosebud Community Health
- Ross Smith Avenue
- Spray St
- Yuille St
- Other (please specify)

What is your role?

- Doctor
- Nurse/Midwife
- Administration/Ward Clerk
- Support Services
- Volunteer
- Allied Health/Community Health
- Executive/Manager
- PSA
- Other (please specify)

What is your age?

- 18-29
- 30-49
- 50+

What is your postcode?

What is your gender?

- Male
- Female

Do you identify as being of Aboriginal and/or Torres Strait Islander origin?

- No
- Yes, Aboriginal
- Yes, Torres Strait islander
- Yes, both Aboriginal & Torres Strait Islander

What is your attitude towards Peninsula Health's Smoke Free policy?

- Very Positive
- Positive
- Neutral
- Negative
- Very Negative

Is Peninsula Health a more appealing workplace because it is smoke free?

- Yes
- No

Were you working at Peninsula Health during July to September 2010 while the Smoke Free Policy was being put in place?

- Yes
- No

Which of the following best describes you:

- I have never smoked
- I quit smoking before July 2010
- I quit smoking since July 2010
- I smoke less than weekly
- I smoke at least weekly (but not daily)
- I smoke daily

How many cigarettes do you smoke each day?

- Less than 15
- 15-24
- Over 25

BEFORE the Smoke Free Policy, (Sept 2010) did you smoke during your designated work breaks?

- Yes
- No
- Sometimes
- N/A I was not working at Peninsula Health

SINCE the smoke free policy, do you smoke during your designated work breaks?

- Yes
- No
- Sometimes

How has having a Smoke Free workplace affected you:

- It helped me quit smoking
- It helped me cut down on smoking at work
- It helped me cut down on smoking at home
- It helped me cut down on smoking generally
- It had no effect at all
- It created difficulties for me

Please comment

SINCE the smoke free policy, have you used any of the following to help you manage or quit smoking?

- Joined a local Quit group
- Rang the Quitline
- Pharmacotherapy (e.g. Champix, Zyban)
- Talked to my GP
- Free NRT (Nicotine Replacement Therapy) Program
- Bought NRT
- Used QuitCoach online
- Hypnotherapy
- Cognitive Behavioral Therapy/Counselling
- Other (please specify)

With the smoke free policy in place, have you been bothered or affected by smoke in your work area or anywhere in the workplace?

- No
- Yes

If yes, in what ways are you bothered or affected by tobacco smoke, and/or what locations are troublesome to you?

With the smoke free policy in place, do you think there has been a change in the number of people smoking on Peninsula Health property?

- Yes, I noticed a decrease in smoking behaviour
- Yes, I noticed an increase in smoking behaviour
- No, I haven't noticed any changes
- Unsure, I have not worked at Peninsula Health long enough to notice any change

With the smoke free policy in place, have you approached anyone smoking on the grounds to explain the policy?

- Yes, and the responses were mostly positive
- Yes, and the responses were mostly negative
- No, I haven't felt comfortable approaching people
- No, I haven't needed to approach anyone

If you do smoke and are considering Quitting smoking, which supports would you prefer to use?

- N/A
- A local Quit group
- The Quitline
- Pharmacotherapy (e.g. Champix, Zyban)
- Talked to my GP
- Nicotine Replacement Therapy
- QuitCoach online
- Hypnotherapy
- Cognitive Behavioral Therapy/Counselling
- Other (please specify)

Do you have any other comments about the benefits or challenges of Peninsula Health's smoke free policy?