



The impact of a hospital-wide tobacco ban on inpatient tobacco use

September 2019

OVERVIEW

- This study sought to evaluate the impact of a hospital-wide tobacco ban on patients receiving inpatient addiction treatment.
- Researchers found the tobacco ban had a positive effect on curbing patient tobacco use during addiction treatment.
- These findings highlight the important role hospital-wide tobacco bans can play in promoting cessation within inpatient treatment settings.

WHAT IS THIS RESEARCH ABOUT?

Tobacco use is common among people in treatment for addiction and is linked to many negative health effects.

Quitting tobacco can not only help to prevent tobacco-related death and disease, but it may also help support better addiction treatment outcomes.

On September 6, 2016, Homewood Health Centre (HHC) in Guelph, Ontario, introduced a hospital-wide tobacco ban.

The goal of this study was to evaluate the impact of the ban on patient tobacco use.

WHAT DID THE RESEARCHERS DO?

Researchers examined data collected as part of the Recovery Journey Project, a study examining the long-term recovery outcomes of addiction treatment. Data

represented 397 patients in the Addiction Medicine Service at HHC who completed a questionnaire upon entry to the program and again upon completion of the program. Patients were asked about their tobacco use at both time points.

Analyses were conducted to determine whether patients exposed to the tobacco ban were less likely to use tobacco during treatment as compared to those who were not exposed to the ban.

WHAT DID THE RESEARCHERS FIND?

When paired with clinical approaches like screening tools and smoking-cessation supports, the hospital-wide tobacco ban was found to have a positive impact on promoting smoking cessation among patients.

Patients who were exposed to the ban were 80% less likely to report using tobacco during treatment compared to patients not exposed to the ban.

In addition, patients exposed to the ban reported a 35% decrease in how often they used tobacco and a 27% decrease in how much tobacco they used while in treatment compared to those not exposed to the ban.

WHY IS THIS IMPORTANT?

Quitting smoking can have many health benefits. This research highlights the important role hospital-wide tobacco bans

RESEARCH SNAPSHOT

can have in promoting cessation within inpatient addiction treatment settings.

These findings also help to support broader public health movements toward tobacco-free clinical settings. Based on these findings, other treatment providers should consider adopting tobacco bans to reduce the risk of tobacco-related harms among their own patients.

VIEW THE FULL ARTICLE

Romano, I., Costello, MJ., Ropp, C., Li, Y., Sousa, S., Bruce, D., Roth, D., MacKillop, J., Rush, B. Evaluating the short-term impact of a tobacco-free policy in an inpatient addiction treatment setting. *Journal of Substance Abuse Treatment*.

ABOUT THE RESEARCHERS

Isabella Romano, BSc, PhD Candidate¹ and Research Trainee²

Mary Jean Costello, PhD, Research and Evaluation Scientist²

Courtney Ropp, MSc, Senior Research Associate²

Yao Li, MMath, Data Analyst²

Sarah Sousa, MSc, Senior Research Associate²

Dominique Bruce, BHSc, Tobacco Cessation Specialist³

Don Roth, MA, Clinical Director, Addiction Medicine Service³

James MacKillop, PhD, Director, Peter Boris Centre for Addictions⁴ and Senior Scientist²

Brian Rush, PhD, Scientist Emeritus⁵ and Senior Scientist²

¹School of Public Health and Health Systems, University of Waterloo (Waterloo, ON)

²Homewood Research Institute (Guelph, ON)

³Homewood Health Centre (Guelph, ON)

⁴McMaster University & St. Joseph's Healthcare (Hamilton, ON)

⁵Centre for Addiction and Mental Health (Toronto, ON)

KEYWORDS

Tobacco use cessation; smoke-free policy; addiction; substance use disorder; substance abuse treatment centre; inpatient

ABOUT HRI

HRI is a registered Canadian charity dedicated to transforming mental health and addiction treatment through research.

We partner with leading scientists, universities, patients and clinicians to improve care, services and outcomes.

FOLLOW HRI



Homewood Research Institute (HRI)



@HRIMentalHealth



@HomewoodResearchInstitute



Homewood Research Institute



Homewood Research Institute