

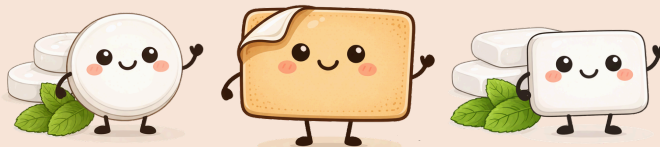
## SAFETY RISKS TO SMOKING IN LTC

Residents in LTC homes sometimes smoke indoors where they are not meant or permitted to do so.

- This poses a risk for those who may not understand the consequences of smoking indoors. This may also lead to unsafe smoking practices, such as fire risks.
- If a resident is no longer able to smoke safely, NRT can help the resident by managing the discomfort of withdrawal from smoking which can be very uncomfortable and may contribute to unwanted or unwelcomed behaviours.
- If a resident has physical limitations which prevent them from going outside to smoke, i.e. recent surgery or in mandatory isolation, providing some NRT will help manage cravings to smoke, even if it's only temporary.
- If a resident has dementia and is at risk of wandering away, it may be prudent to address their nicotine needs to ensure the comfort and safety of the resident.

## WHAT IS NRT?

NRT is the most studied treatment available for smoking cessation and is known to be effective in older adults. This should not be used though if experiencing **a current or very recent** acute coronary syndrome, such as arrhythmia or heart attack.



NRT at this home is available in both patch and short-acting (i.e. gum or lozenge). If there are questions about the NRT or how to use it, please ask staff.

## GET SUPPORT TODAY!

Family care partners and family members play an important role supporting smoking cessation for LTC residents.

NRT is provided free of charge to residents of this LTC home.

The Smoking Treatment for Ontario Patients (STOP) Program is funded by the Ontario Ministry of Health.

# Ready to **QUIT** smoking?



## STOP PROGRAM IN LONG-TERM CARE (LTC)

Join the largest smoking cessation program in Canada

Get support today!



camh  
INTREPID Lab

VISIT US AT [www.stopprogram.ca](http://www.stopprogram.ca)

## WHY QUIT OR REDUCE SMOKING?

As people age, their health status changes and they are often negatively affected by smoking. While smoking may be a lifelong habit, there are evidenced-based treatments to help people quit or manage withdrawal. Nicotine Replacement Therapy (NRT) is a clean nicotine delivery system that mimics the amount of nicotine that is usually inhaled in a cigarette.

Stopping smoking at any age can have tremendous benefits to health. Stopping smoking even late in life can result in improvements in cognition<sup>1</sup>. Whatever you do for your body is good for the brain.

### HEALTH IMPROVEMENTS AFTER QUITTING

**24 HOURS** Carbon monoxide clears; lungs begin to clear mucus

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**72 HOURS** Breathing becomes easier; energy increases

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**2 - 12 WEEKS** Circulation and mobility improve

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**1 YEAR** Risk of smoking-related heart attack is cut in half



Nicotine narrows the arteries which limits the amount of blood and nutrients needed to help a wound heal. Wounds heal faster after quitting.

Behaviours associated with nicotine withdrawal decrease dramatically when treated with NRT.

If quitting is not the immediate goal, NRT can be used to help residents manage nicotine withdrawal. This may be helpful when they cannot safely go outside to smoke or must stay in their room.

## THINGS TO CONSIDER WHEN QUITTING SMOKING

- Quitting or reducing tobacco use can cause changes in mood, behaviour and emotions due to nicotine withdrawal. NRT can help with those changes.
- It's important to check-in frequently with the resident to see how they are feeling and if any additional support is needed.
- Some medications and caffeine use may need to be monitored post-quit, as quitting or reducing smoking affects metabolism of some substances.
- For most people, quitting smoking includes a plan to reduce or stop nicotine use. For older adults who have smoked many years, NRT may be used safely for longer period of time.

If you have any questions about supporting someone who needs, wants, or has expressed interest in making changes to their smoking, please reach out to your BSO team lead to confirm whether your home is part of the STOP in Long-Term Care Program.

STOP on the Net ([www.stoponthenet.ca](http://www.stoponthenet.ca)) is also available to friends and family of residents who wish to quit smoking.

<sup>1</sup> Mikaela Bloomberg, et al (2025). Cognitive decline before and after mid-to-late-life smoking cessation: a longitudinal analysis of prospective cohort studies from 12 countries. Lancet, 6(9). [https://www.thelancet.com/journals/lanhl/article/PIIS2666-7568\(25\)00072-8/fulltext](https://www.thelancet.com/journals/lanhl/article/PIIS2666-7568(25)00072-8/fulltext)