

The Effects of a Smoking Ban on an Inpatient Psychiatric Program

R. Goddard* (Psychometrist), S. Delamere* (Occupational Therapist), D. Muller* (Nurse), L. Sinnemaki* (Nurse), T. Spencer * (Psychologist, supervised practise)
 +St. Joseph's Care Group - Lakehead Psychiatric Hospital
 *Research Advisory Group and Lakehead University



Introduction

- Smoking is a large part of the lives of many psychiatric clients, particularly psychiatric inpatients.
- Smoking ban meant: no more smoking inside, not all patients able to go outside at will.
- Staff and clients afraid of: increased aggression, disruption of care, changes to weight, medication use, dangers of illicit smoking.
- Previous literature, including Penetanguishene, suggested no negative effects from a smoking ban.



Methods.

- Data relates to general functioning of the inpatient program, physical health and medication use.
- Ban: May 1st 2004. Study period: May '03 – April '05.
- Incident reports filed due to disruption of normal functioning of ward. Categories:
 - Assaults by an aggressor
 - Assaults reported by a victim (including staff)
 - Assaults of a verbal nature (threats, abuse, altercations)
 - Fires
 - Smoking in an unauthorized area
 - Property damage
 - Unauthorized leaves ("ULOAs", "elopement")
 - Other incidents not in the other categories



Methods (cont'd).

- Physical health = Weight, Blood Pressure
- Medication use = "PRN" medication: medication used in addition to their regularly prescribed medication regimen.
- Data collected from the records of clients who were inpatients at some time in the 12 month periods both before and after the smoking ban.
- Number of client subjects = 26.
- Subjects of this part of the study their own control group.

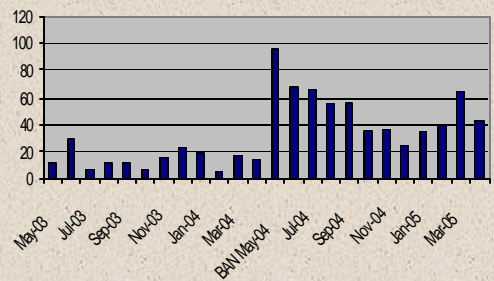


Results

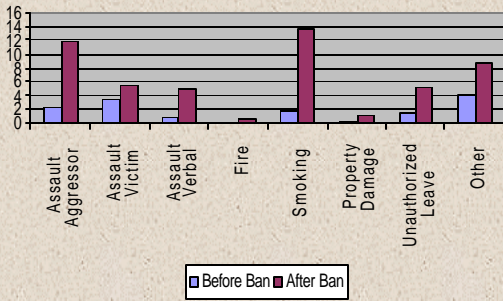
- Total number of incidents after ban greater than before ban
- Before Ban = average of 14 incident reports/month. After the ban = average of 52 per month.
- Number of beds/clients increased in post-ban period 13%; number of incidents increased 271%.
- Analysis of Covariance indicates that the smoking ban contributed to the increase in incident reports more than twice as much as the increase in beds did



TOTAL INCIDENT REPORTS



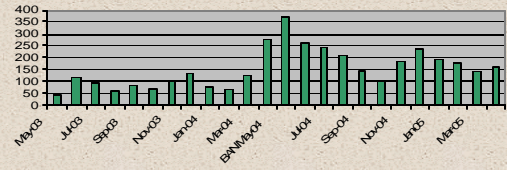
Average Number of Incidents



Results (cont'd)

- Weight, Blood Pressure, and PRN = no significant change

Use of "PRN" Medication



Discussion

- Smoking Ban has had an effect on the lives of inpatients.
 - Effect = increased disruption
- Specific Effects
- More inappropriate smoking.
 - More unauthorized absence.
 - More physical and verbal assaults.
- Bed/Client increase also an effect but much less than smoking ban.
- Implications
- Accept the consequences OR rectify?
 - If so, how?

