

Platform Upper Austria takes a breath - an initiative of smoke-free hospitals in Upper Austria

The three smoke-free hospitals in Upper Austria – the General Hospital, the Elisabethians and the Hospital of the Sisters of Charity in Linz - have joined in a platform in order to create a smoke-free and therefore healthier environment for patients, staff and the regional population.

Periodic meetings are held, where the founders of the platform support and advise each other in the implementation of individual measures. All three hospitals are members of the *European Network Smoke-free Hospitals and Health Services* (www.ensh.eu) and have already been awarded the Bronze certificate of the network. On the way to the Silver certification major issues are education, information, the provision of clearly defined smoking areas and offering special programmes to stop smoking.

A smoke-free hospital is not about identifying and getting rid of smokers but to protect the health of patients and hospital staff from tobacco smoke. Smoking just should be less attractive. This is a time-consuming process which requires everybody's initiative and participation. Those who want to stop smoking should find help in the hospital - high quality, reasonable counselling and smoking withdrawal programmes are offered both for patients and for staff.

The Hospital of the Sisters of Charity in Linz offers the following programmes to get rid of smoking:

For staff:

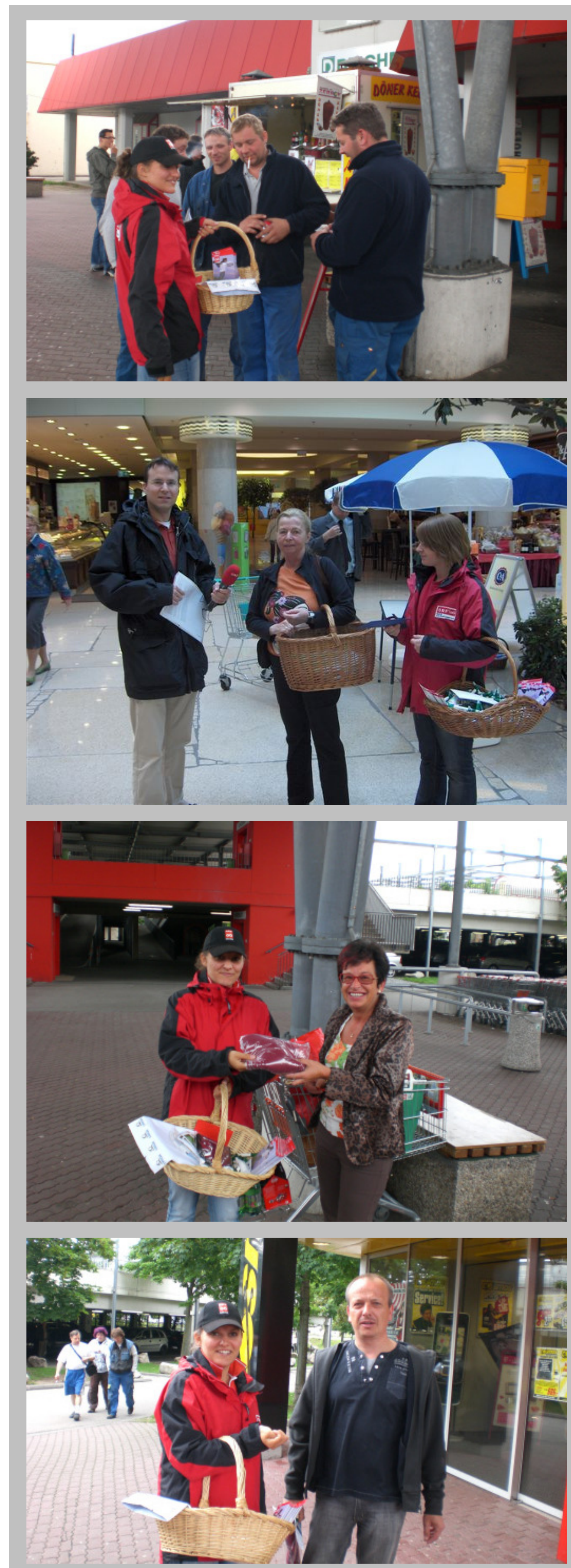
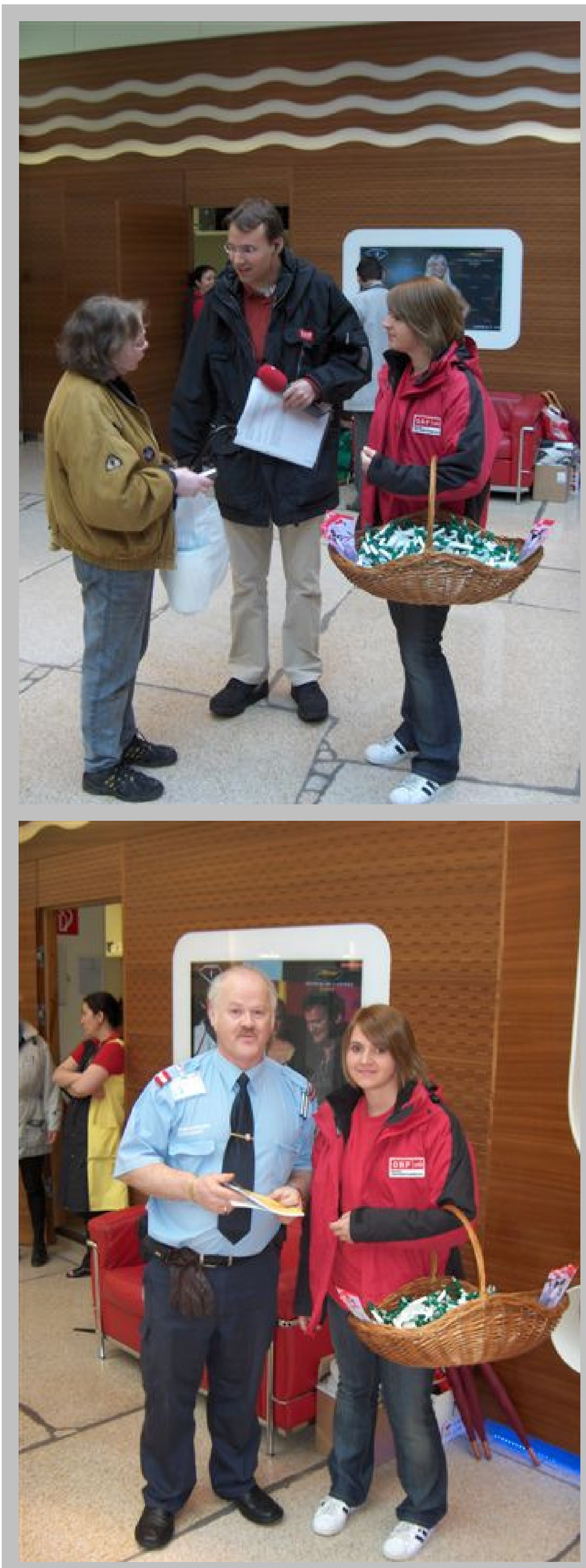
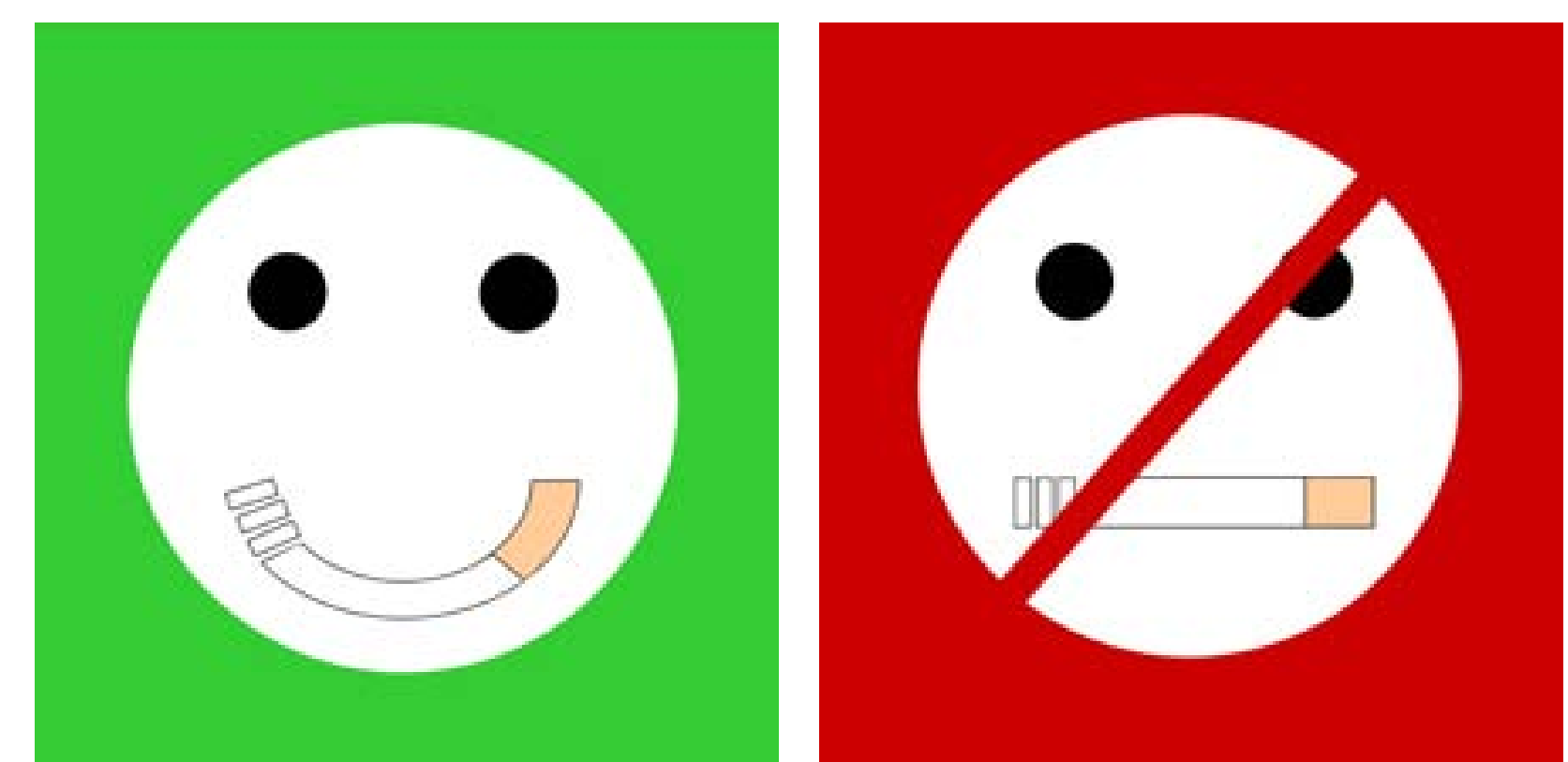
- Individual counselling: "Logically smoke-free",
- Group counselling: "Stop smoking- together we can make it!"
"Towards a smoke- free and lighter life!"

For patients:

- Special smokers' programme offered by the Department of Clinical Psychology

As members of the international *Network of Health Promoting Hospitals*, it is a major concern for all three houses to do more for the health of the Upper Austrian population.

Let's go the way to a healthier, smoke-free Austria together!



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