



Do you know that March is “No Smoking Month”?

The BHSCCT want to encourage everyone to take a positive step for their health by stopping smoking.

This Year during ‘No Smoking Month’ Belfast Trust are focusing on maternity and the effects of smoking during pregnancy. The Royal Jubilee Maternity Hospital and Mater Antenatal Outpatients Department offer a Specialist service to its mothers and their partners. We have two Stop Smoking Specialist Midwives, Fiona McCambridge and Caroline Semple, who offer specialist advice, tailored support, carbon monoxide readings and access to Nicotine Replacement Therapy (NRT) for all pregnant mothers in our care. Continuing to smoke during pregnancy can have detrimental effects on a baby’s growth, development and wellbeing and increases the risks of poor outcomes. We encourage all mothers to avail of this service so they can make informed decisions and positive choices for themselves and their baby.

Did you know that the Maternity Stop Smoking Specialist midwives now have the facility to prescribe and dispense NRT products to their clients?

All pregnant mothers who smoke, or who have recently quit smoking, are automatically referred into the maternity stop smoking service at their booking appointment in Belfast Trust. They will be offered support, and access to NRT, to assist them to stop smoking during their pregnancy.

Patients and Staff

We would like to remind all of our patients and staff, that the BHSCCT offer a Stop Smoking Specialist service. We want all smokers to know that support to stop smoking is out there and we would encourage everyone to avail of it.

Patients - If a patient is attending an outpatient appointment, or is already an inpatient in any of our hospitals and they would like help to stop smoking, please remember that any member of staff can refer them via the [online referral](#), to any of our specialist advisors.

Staff - If you are a member of staff, you can refer yourself by simply phoning our specialists or by going onto the Loop and completing the online referral form.

- To make a referral for yourself or a colleague simply [click here](#) and complete the short referral form.
- Download the [Stop Smoking Poster for Staff](#) to share on staff noticeboards

The Stop Smoking Midwives are providing a virtual information session for staff to find out more about the service on Tuesday 28th March at 10am-10.30am. To register please email health.improvement@belfasttrust.hscni.net

- For more information visit the bWell site [Stop Smoking | B Well Belfast](#)