



## About Nova Scotia Health's smoke and tobacco reduction policy

<https://libcat.nshealth.ca/en/permalink/chpams36768>

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**Corporate Author:** Nova Scotia Health Authority. Mental Health and Addictions  
Nova Scotia Health Authority. Respiratory Therapy Services  
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**Subjects (MeSH):** Smoking Cessation  
Tobacco Use Cessation Devices

**Subjects (LCSH):** Smoking cessation  
Smoking cessation products

**Specialty:** Hospitals

**Abstract:** Nova Scotia Health promotes a smoke-free, tobacco-free, and vape-free environment for patients, visitors, and staff. Nova Scotia Health is committed to helping people smoke less, stop smoking, and stay smoke-free. This pamphlet provides information about smudging ceremonies, stopping smoking, referral to Tobacco Free Nova Scotia (TFNS), and what to do if you decide you are ready to try to quit tobacco. Contact information for TFNS and the Stop Smoking Program is provided. The French version of this pamphlet 1548, "Politique de réduction du tabagisme de Santé Nouvelle-Écosse," is also available.

**Responsibility:** Prepared by: Mental Health & Addictions, Respiratory Therapy, Occupational Health Safety & Wellness

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## How to use nicotine replacement therapy (NRT)

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**Corporate Author:** Nova Scotia Health Authority. Mental Health and Addictions  
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**Subjects (MeSH):** Smoking Cessation  
Tobacco Use Cessation Devices

**Subjects (LCSH):** Smoking cessation  
Smoking cessation products

**Abstract:** Nova Scotia Health promotes a smoke-free, tobacco-free, and vape-free environment for patients, visitors, and staff. Nova Scotia Health is committed to helping people smoke less, stop smoking, and stay smoke-free. This pamphlet provides information about nicotine replacement therapy options such as the nicotine patch, nicotine gum, nicotine lozenges, and nicotine inhaler.

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