

# Taipei Municipal Gan-Dau Hospital

GOLD Forum Member for 2024

## STANDARD 1 - GOVERNANCE AND COMMITMENT

- **GNTH Standards Compliance:** In April 2017, the "Implementation Points for Smoke-free Hospitals" were revised to prohibit tobacco company sponsorships, sales of tobacco products, and to supervise and audit tobacco control measures. Outsourced employees follow these standards, with incentives to quit smoking provided.
- **Dedicated Tobacco Control Team:** The director of family medicine leads a multidisciplinary team responsible for developing and implementing smoke-free policies and budget planning.
- **Participation in Quality Improvement Plans:** From 2021 to 2023, we joined the "Promoting Integrated Plan for Chronic Disease Prevention and Management and Health Promotion - Improving the Service Quality of Smoke-free Hospitals."

# STANDARD 1 - GOVERNANCE AND COMMITMENT



Global Gold Award  
Smoke-free Health Care  
Service Certification



Meet regularly to discuss smoke-free policies and develop budgets

## STANDARD 2 – COMMUNICATION

- **Diverse Communication Channels:** Information is disseminated through the hospital's Facebook page, local magazine Gandau Monthly, anti-smoking posters, and health lectures.
- **Smoking Cessation Line@ Group:** Established in 2022, the group sends out four messages monthly related to smoking hazards.
- **Interactive Kiosks:** Multimedia features on self-service payment kiosks promote smoking cessation through animated short films and online incentive activities.
- **Employee Information and Participation:** New employees are informed about the smoke-free policy, with a 100% participation rate. Surveys from 2019 to 2022 show 94% awareness of the policy and over 90% satisfaction with health promotion.

# STANDARD 2 – COMMUNICATION



Use social software to interact with patients in smoking cessation

結合自動繳費機功能強力放送



Automatic payment machine combined with prize-winning quiz activities about smoking cessation

## STANDARD 3 – EDUCATION AND TRAINING

- **Comprehensive Education Program:** Includes staff smoking cessation training and e-cigarette dangers. Online and on-site courses were held in 2023, with 55% and 33% staff attendance, respectively.
- **Smoking Cessation Team Training:** Physicians and healthcare personnel receive foundational and specialized smoking cessation training, providing comprehensive services.
- **Encouragement for External Seminars:** Staff are encouraged to attend tobacco control seminars and obtain certifications.
- **Chronic Disease Case Managers:** Provide comprehensive smoking cessation education services, with financial support and time off for training

## STANDARD 3 – EDUCATION AND TRAINING



Our hospital has a complete smoking cessation service team



The team provides friendly and professional smoking cessation services

## STANDARD 4 – IDENTIFICATION, DIAGNOSIS AND TOBACCO CESSATION SUPPORT

- **Clinic Reminders:** A computer system prompts inquiries about smoking status and assists with referrals for cessation services. Automatically generates lists of smoking patients for educational interventions.
- **Smoking Cessation Group Team:** Multidisciplinary team provides referral and care services. Patients with chronic diseases are referred for smoking cessation services through cross-team cooperation.
- **Shared Decision Making (SDM):** Tools help patients choose the best smoking cessation methods and medications.
- **Data Collection and Analysis:** Monthly compilation of cessation intervention rates and case management records.



# STANDARD 4 – IDENTIFICATION, DIAGNOSIS AND TOBACCO CESSATION SUPPORT



Cross-team professional cooperation to provide more comprehensive care for smoking cessation patients

### 關於戒菸用藥，您有什麼選擇？

**戒菸為什麼需要藥物？**  
 造成癮菸成癮的主要物質為尼古丁，當您突然停止吸菸時會有不舒服的戒斷症狀，常見的戒斷症狀包括易怒、沮喪、口腔發乾、手腳抖動、容易飢餓、疲倦和難以入睡等等。透過深呼吸、運動、嚼口香糖等轉移注意力的方法，可以獲得一些改善，但是嚴重的菸癮往往需要戒菸藥物的幫忙，讓身體逐步適應沒有香菸的生活，大大增加戒菸成功的機會。

➢ 用藥對象：吸菸民眾戒癮度 4 分以上，有意願戒菸者。  
 ➢ 適用狀況：戒菸門診或由臨床轉介需要戒菸者。

**戒菸藥物種類：**

非尼古丁藥物	尼古丁替代療法	
<b>口服藥</b>	<b>尼古丁貼片</b>	<b>尼古丁咀嚼錠</b>
<ul style="list-style-type: none"> <li>▲ 主要成分为 Bupropion 會增加多巴胺濃度，使心理變好。</li> <li>▲ 起始劑量為每天一次，服用三天後，增加至每天兩次，連續兩週，劑量之間至少必須間隔 8 小時，且建議至少必須治療 7 週以上。</li> <li>◆ 第 1-2 週，一天一次 / 一次一顆，建議晚餐後吞服。</li> <li>◆ 第 4 週-7 週，一天兩次 / 一次一顆，建議早餐後吞服。</li> </ul>	<ul style="list-style-type: none"> <li>◆ 長效皮膚貼片，會緩慢釋放尼古丁，可做為戒菸後的替代療法，減輕戒斷症狀。貼片釋放速度較一般菸癮，戒癮過程不致。</li> <li>◆ 可以跟咀嚼錠併用。</li> </ul>	<ul style="list-style-type: none"> <li>◆ 咀嚼錠可以快速釋放尼古丁，配合貼片使用，作為突然戒菸癮時補充替代。</li> <li>◆ 可以跟貼片併用。</li> </ul>

Shared Decision Making  
 What are my options regarding smoking cessation medication?

## STANDARD 5 – TOBACCO-FREE ENVIRONMENT

- **Smoke-free Facility Designation:** Clear "No Smoking" signs and scrolling marquees enhance awareness.
- **Signage in Prominent Areas:** No-smoking signs are displayed throughout the hospital, including shuttles for patients and families.
- **Feedback Response:** New no-smoking signs with QR codes for reporting smoking hotspots are posted in problem areas.
- **Smoking Monitoring and Inspection:** A team records and addresses violations, with regular cleaning and patrols of smoking hotspots. Track cigarette butts and counseling instances for statistical reference.

# STANDARD 5 – TOBACCO-FREE ENVIRONMENT



New smoking cessation poster contains QRcode notification and interaction

After scanning the QRcode, you will be linked to a Google form to write information and notify security that cigarette butts or smokers are found

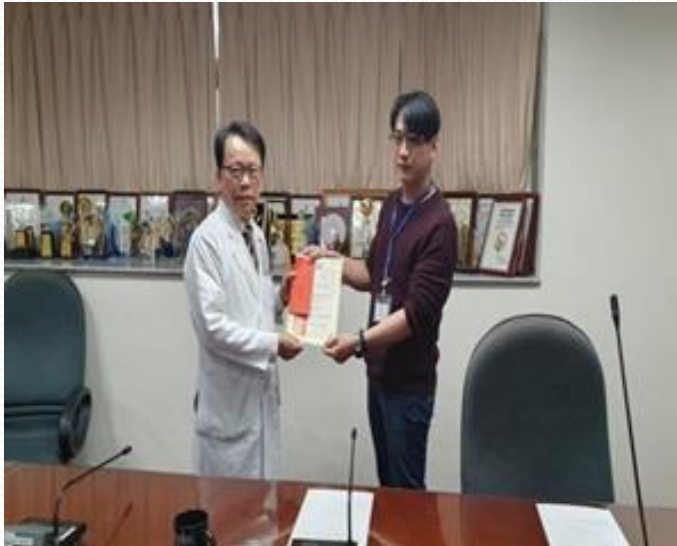


Smoking cessation area on sidewalks around the hospital

## STANDARD 6 – HEALTHY WORKPLACE

- **New Hire Training:** Includes smoke-free hospital education, with a 100% completion rate within three months.
- **Health Examinations:** New employees' smoking habits are recorded, with referrals for smoking cessation services.
- **Annual Health Assessments:** Includes physical fitness testing and participation in smoking cessation programs.
- **Reward and Punishment Measures:** Verbal warnings and fines for smoking violations, with incentives for successful cessation.

# STANDARD 6 – HEALTHY WORKPLACE



The bonus will be given after quitting smoking successfully



Smoke-free education for employees

## STANDARD 7 – COMMUNITY ENGAGEMENT

- **Community Events:** Collaborates with local events to promote smoke-free policies and smoking cessation awareness.
- **Tobacco Control Education:** Organizes smoking cessation courses and counseling sessions in schools.
- **Adolescent Education:** Provides smoking cessation education through Psychiatry Outpatient Clinic and collaborations with local schools.
- **Community Smoking Cessation Events:** Participates in various community events to promote smoking cessation.

# STANDARD 7 – COMMUNITY ENGAGEMENT



Gandau Festival and Smoking Cessation Promotion



Beitou Junior High School Advocacy on the dangers of smoking among young people

## STANDARD 8 – MONITORING AND EVALUATION

- **Health Promotion Committee:** Holds quarterly meetings to set goals and evaluate effectiveness.
- **Employee Participation:** Courses are planned based on participation rates and satisfaction levels.
- **Smoking Cessation Counseling:** Success rates for outpatient and inpatient smoking cessation treatments are tracked.
- **Data Collection and Review:** Annual review of smoking proportions, staff training, and cigarette butt counts to assess results and set goals.



## STANDARD 8 – MONITORING AND EVALUATION



Poster published at WHO HPH International Annual Meeting:  
Improve the completion rate of oral mucosal screening in patients in the hospital~  
Taiwan experience



In 2023, successfully quit smoking patients shared their experiences live at the press conference "Guarding Holistic Health in Health Hospitals" organized by the Health Promotion Administration.