

## Stop Smoking Before Surgery

You can make a difference in your patients' lives.

As health care professionals we want to help our patients to have successful outcomes and experience the best overall health possible. Considering the well known impact of tobacco on everyone's health and wellbeing, it's important for all of us to address tobacco with our patients as a standard of care. We invite you to assist in the development and implementation of that standard of care. Our patients need encouragement and support to deal with tobacco use prior to their surgical procedure, as well as during recovery.

What are the benefits of stopping smoking before surgery?



Decreased chance of lung infection  
Decreased chance of wound infection  
Incision will heal faster  
Shortened hospital stay

Smoking cessation 6-8 weeks prior to surgery is ideal; however health care professionals can encourage patients to be smoke free any time before, during, and after surgery to improve health outcomes.

The "5As" is a brief Intervention tool that you can use to help your patients.

- Ask:** Have you used any tobacco the last 6 months?
- Advise:** In a clear, strong and personalized manner, advise every tobacco user to quit.
- Assess:** How big of a role does tobacco play in their life? How strong is their commitment to change?
- Assist:** Link patients to provincial smoking cessation resources. (QuitNow Services and the BC Smoking Cessation Program)
- Arrange:** Arrange follow-up with QuitNow Services.

Patients expect us to act in their best interests. Leaving tobacco behind improves surgical outcomes and supports enhanced overall health and wellbeing for our patients.

With funding from the Canadian Cancer Society, the **Harmonization Project** was recently launched. The team includes partners from the Canadian Cancer Society, Northern Health, and the BC Cancer Agency long with researchers from the University of British Columbia and Athabasca University, who will work together to design, support and evaluate the "Stop Smoking Before Surgery" initiative.

A coordinator is visiting offices in Prince George, followed by Prince Rupert and then the surrounding communities over the summer months. This coordinator will be providing you with a package of resources and smoking cessation tools that you can make available for you and your patients. If you have any questions about the Stop Smoking Before Surgery Initiative, or if you would like to arrange to meet with one of the team members, please contact the Research Coordinator, Dr. Cherisse Seaton (Phone: 250-649-7138; Email: [Cherisse.Seaton@ubc.ca](mailto:Cherisse.Seaton@ubc.ca))

*Exceptional care includes conversations about living tobacco free.*

Source: Dr. Ronald Chapman, VP Medicine

## Canadian Copyright Law Changes...

(Continued from page 1)

These changes allow NH staff to transfer VHS recordings that are still of value onto DVD.

### Viewing Programs on VHS or DVD in LTC Facilities:

Any VHS or DVD, regardless of who owns it, may be shown in long term care facilities, as these are actually considered to be a home setting. This means that in any Northern Health long term care facility, staff may legally show programs on VHS or DVD to groups of residents in the facility.

Questions? Please contact Library staff by emailing [library@northernhealth.ca](mailto:library@northernhealth.ca), or call Anne Allgaier at 250-565-2219.

Source: Anne Allgaier, Regional Librarian

## UpToDate Membership

Northern Health has renewed the subscription for **UpToDate** for all Northern Health facilities until March 31, 2014.

**UpToDate** has added several new sections:

- Surgery
- Dermatology
- Psychiatry

To access the **UpToDate** database, check out the Library's website:

<http://library.northernhealth.ca>. The library website can also be accessed from iPortal, under the heading "Key Links".

All of the Library's databases are listed on the right side of the page. The Northern Health **UpToDate** database is not available from home or office without a personal subscription or for those physicians belonging to the B.C. Division of Family Practice.

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