Patients who were advised to quit smoking before surgery were more likely to reduce smoking

It seems like an obvious statement, yet in a recent survey of 240 surgical patients only 55% stated that a health care provider advised them to quit smoking within two months prior to surgery.

Stop Smoking Before Surgery is an initiative to increase awareness of the benefits of stopping and to support patients in their decision to stop smoking before surgery. This project was implemented in Prince George and Prince Rupert and recently completed final data collection.

The number of participants being advised to quit smoking did not increase post SSBS implementation, yet those that were advised to quit smoking prior to surgery, post SSBS implementation were more likely than expected to have reduced their smoking compared to those that were not advised to quit smoking ($p < .05$), a trend that we did not see prior to SSBS implementation.

For more information

About the SSBS Project, email: TobaccoFree@northernhealth.ca

For detailed results, please see:

Patient Awareness of the Effects of smoking on surgical outcomes

Patients participating in the survey were also asked questions pertaining to their awareness of Smoking-Related Perioperative Complications. Patients who were advised to quit smoking post-SSBS implementation had significantly higher awareness of smoking-related perioperative complications than those that were advised by a health care provider to quit smoking prior to the implementation of the SSBS program ($p<.05$).

![Graph showing awareness of smoking-related perioperative complications](image)

“The idea of having a faster healing time and less risk of infection and everything was pretty compelling for sure, so that’s what made me want quit.”

-Female, Smoking for 13 years

“I thought that it looked like it was actually a pretty good idea to quit smoking before surgery. That it will be easier on your lungs when they have to put you to sleep.”

-Female, Smoking for 39 years

The Stop Smoking Before Surgery program appears to be helpful in increasing messages received from health care professionals regarding stopping smoking before surgery. This has positive implications for optimizing surgical outcomes. Yet, results also show that more health care professionals need to be delivering this message.

SSBS is a collaborative effort between the Canadian Cancer Society, the BC Cancer Agency and Northern Health, Population Health with researchers from the University of British Columbia and Athabasca University.

For more information
About the SSBS Project, email: TobaccoFree@northernhealth.ca
About the SSBS Research Project, contact: Dr. Joan Bottorff: joan.bottorff@ubc.ca
For detailed results, please see: