

The “Surginet” System

now supports patients who use tobacco to “Stop Smoking before Surgery” at the University Hospital of Northern BC

Electronic medical records and health records systems have the potential to improve the quality of care and improve health outcomes. Specific fields can cue health care providers to discuss patient centred issues to promote health and reduce the incidence of chronic disease.

Patients who use tobacco and are planning to have surgery should be aware of the benefits of quitting before surgery.

Stopping Smoking Before Surgery

- Reduces the risk of complications
- Lowers the chance of surgical site infections
- Shortens hospital stays

Tobacco-specific questions have been added to the Surginet system for UHNBC. These questions will ensure that all patients are screened for tobacco use and all smokers are informed of the benefits of quitting and linked to the provincial cessation services prior to their surgery.

The questions will be asked at the time of:

- OR booking (in pilot sites only)
- Preadmission assessment (PAC staff- phone or in-person consult)
- Admission to Day Surgery

The questions that will be asked are:

1. *Have you used any tobacco products in the last 6 months?*
2. *Are you aware that stopping smoking before surgery lowers the risk of surgical complications and improves healing?*
3. *Have you been referred to QuitNow and HealthLinkBC 8-1-1 for provincial smoking cessation services?*

These questions will assist health care providers in supporting patients to make informed choices in preparation for their surgery.

The Stop Smoking Before Surgery Program involves a joint collaborative effort between the Canadian Cancer Society, the BC Cancer Agency and Northern Health with researchers from the University of British Columbia and Athabasca University working together to optimize surgical outcomes and reduce the incidence of cancer in northern British Columbia.

This project is one of the innovative Harmonization Projects. For more information visit <http://harmonization.ok.ubc.ca/>

Surgery-specific smoking cessation resources are available on www.quitnow.ca including:

- [Patient resources](#)
- [FAQs](#)
- [Evidence summaries](#)

Patients can call 8-1-1 to receive free counselling by phone, text, or online. This number also connects them to the BC smoking cessation program where they can access free nicotine gum or patches and some patients are eligible for free varenicline or bupropion. Address tobacco as a standard of care to help your patients live tobacco free.

Need more Support?

- Check out the Northern Health Brief Intervention Training: <http://www.youtube.com/watch?v=t0lhKKCQejI>
- or contact: tobaccofree@northernhealth.ca

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