

STOP SMOKING BEFORE SURGERY

Project update

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The Stop Smoking Before Surgery Program

Aims:

- Enable health providers to provide support for smoking cessation
- Increase awareness and access to cessation resources
- Assist in the development of sustainable systems to encourage brief intervention as a standard of care

Surgery provides a “teachable moment” to support smoking cessation. It is important that EVERY health care provider use the 5 A’s (**Ask, Advise, Assess, Assist, Arrange**) brief intervention to help their patients stop smoking before surgery.

“Brief intervention should be used by all health professionals during every clinic visit.”

Northern Health (2012) Position on Tobacco Reduction

As part of the Stop Smoking Before Surgery program, the project team developed surgery specific smoking cessation resources for physicians and surgeons to provide to their patients. The team also assisted with the development of brief intervention training for health care providers, worked with the BC Lung Association to develop new surgery specific resources for QuitNow.ca, and is advocating for the inclusion of a systematic approach to address tobacco use in hospitals.

Below are some highlights of the program:

Clinic Resources	<ul style="list-style-type: none"> • Cessations resources available at clinics • Supported to provide brief intervention
QuitNow Resources	<ul style="list-style-type: none"> • Surgery-specific resources for QuitNow • QuitNow counsellors support surgical patients
Ongoing Hospital Support	<ul style="list-style-type: none"> • Support for smoking cessation before, during, and following surgery
Raising Public Awareness	<ul style="list-style-type: none"> • Information on video screens in hospitals • Public and media relations to raise awareness

See: <http://harmonization.ok.ubc.ca/program-information/> for more information.

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Raising Awareness



Most smokers want to quit, and learning about the benefits of quitting prior to surgery on video screens in hospitals can provide the motivation needed



Stress balls provide a reminder to patients to stay smoke free!

New surgical resources are now available on QuitNow.ca, including:

- patient resources
- tips for men and women
- evidence summaries



Health Care Providers

Supporting patients to stop smoking before surgery

One goal of the Stop Smoking Before Surgery program is to support health care providers to provide brief intervention (5 A's) to tobacco users at all clinic visits as a standard of care.

All health professionals can use existing provincial resources to support patients' smoking cessation. Patients can call 8-1-1 to access:

- The [BC Ministry of Health](#), which provides 12 weeks of nicotine replacement therapy per year for tobacco users.
- [QuitNow](#), a provincial program that supports smoking cessation and offers follow-up support by phone, text, or web.

[QuitNow](#) also has a variety of resources for health care providers, including informational videos, downloadable resources, and information about online training.

This program is aligned with Northern Health's [Position Statement](#) on Tobacco reduction

Developed as part of the Stop Smoking Before Surgery Program, an 18 minute **Brief Intervention Training** video for Northern Health staff provides guidance about how to the 5 A's can be used to identify tobacco users and help them quit.

To access Brief Intervention Staff Training go to:
<http://bit.do/NorthernHealth-Training>



Useful Web links:
<http://www.health.gov.bc.ca/>

www.Quitnow.ca

(Surgical resources: <http://bit.do/Quitnow-SSBS>)

Northern Health's Tobacco reduction:
<http://bit.do/NorthernHealth-Tobacco>

CEO blog on SSBS:
<http://youtu.be/bS6KN4xeypY>

Several patients from northern BC have shared their stories about quitting smoking to help encourage and support others to quit. Below are a few excerpts from the stories shared with us:

"I know that not smoking helped in my recovery hugely. I know I would have had to endure many more months of infections and bandages if I had not quit. I have been smoke free for over a year and will never go back – the health benefits are so worth it"

-Gloria Green, Quesnel, BC

"I would encourage others to quit sooner rather than later. Don't wait to quit. Find out what works for you and just do it."

-Northern BC Resident

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