

# STOP SMOKING BEFORE SURGERY

Project update

Volume 3 Issue 1

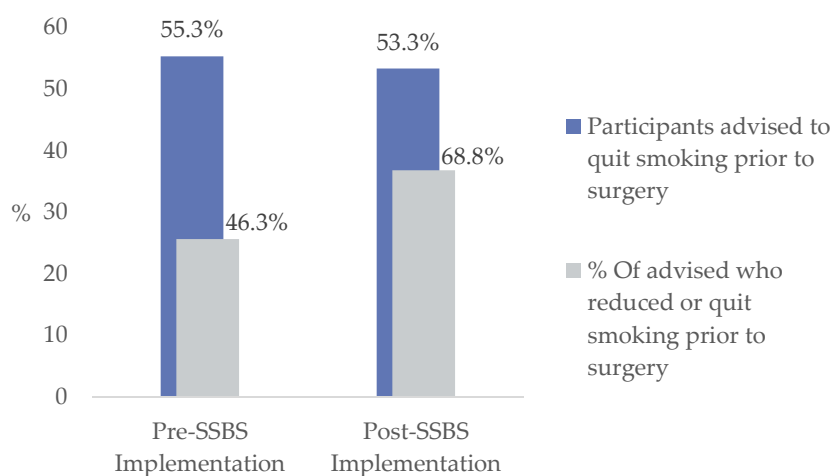
March 2015

## *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.



*"...the doctor didn't even mention it. He knew I smoked but he didn't say anything about stopping smoking or anything like that. So I just kind of figured it out on my own that it would probably be a good idea...Yeah, I was kind of surprised as I figured that people would be, you know, really all over the fact that I was a smoker and stuff, but no one really said anything."*

*-Female, Smoking for 7 Years*

## **SUPPORTING PATIENTS TO QUIT SMOKING BEFORE SURGERY**

**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:**

- Clinic resources
- New QuitNow resources
- Hospital-based cessation support for surgical patients
- Training and protocols to aid health care providers
- Raising public awareness of the benefits of quitting for surgery



### For more information

About the SSBS Project, email:

[TobaccoFree@northernhealth.ca](mailto:TobaccoFree@northernhealth.ca)

[harmonization.ok.ubc.ca/stop-smoking-before-surgery/](http://harmonization.ok.ubc.ca/stop-smoking-before-surgery/)

About the SSBS Research Project, contact:

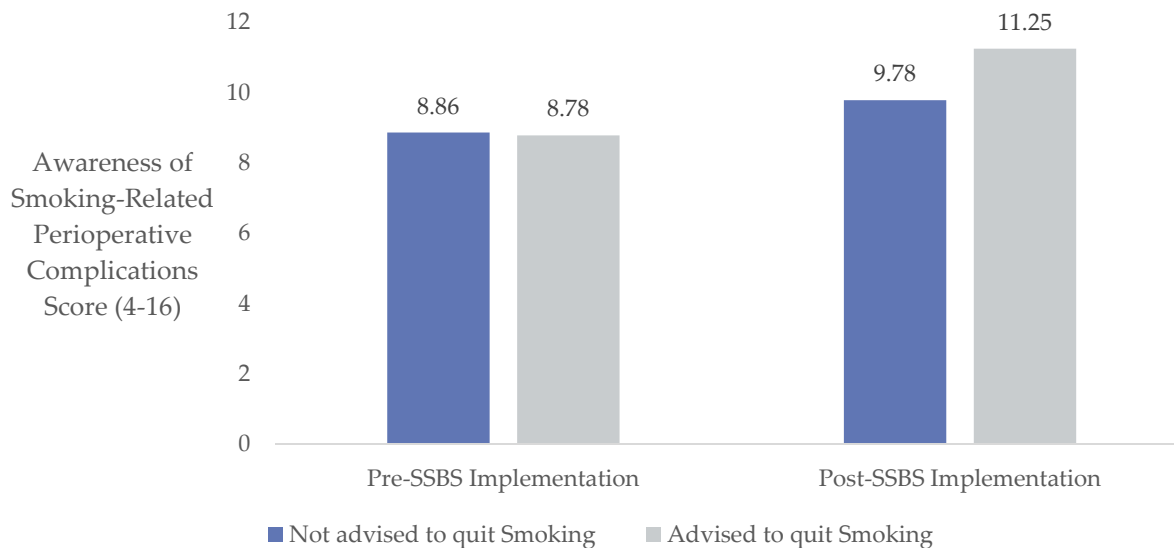
Dr. Joan Bottorff: [joan.bottorff@ubc.ca](mailto:joan.bottorff@ubc.ca)

For detailed results, please see:

Bottorff, J.L., Seaton, C. L., Viney, N., Stolp, S., Krueckl, S., & Holm, N. (2015). *The Stop Smoking Before Surgery Program: Impact on awareness of smoking-related perioperative complications and smoking behaviour in northern Canadian communities. Journal of Primary Care and Community Health.*

## 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 ( $p < .05$ ).



*"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

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About the SSBS Research Project, contact:

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