

# STOP SMOKING BEFORE SURGERY

Project update

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## Why now?

The benefits to quitting before surgery are now well established:

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

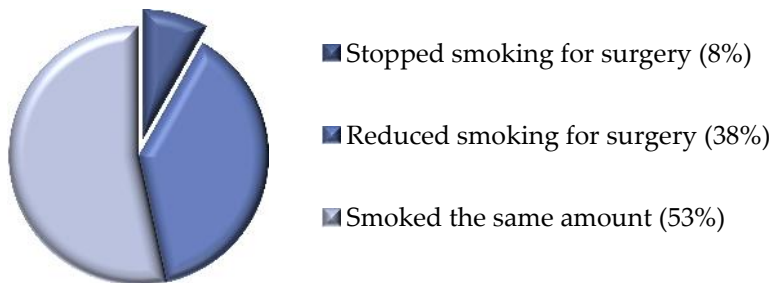
As part of the Stop Smoking Before Surgery initiative, we surveyed

STOP SMOKING BEFORE SURGERY is:

A systematic approach to encourage tobacco users to quit prior to surgery and stay smoke free for recovery

a sample of patients from Northern Health who had surgery between Dec 1, 2012 and March 31, 2013. In total, **22.9%** patients reported smoking. Of these, 159 completed our telephone survey.

### Proportion of pre-op patients who:



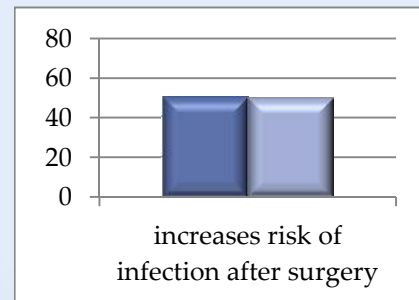
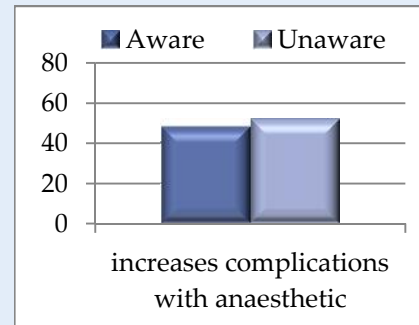
Overall, our recent survey of patients who received surgery in Northern Health indicated:

- **63%** of patients were thinking about quitting smoking
- **48%** of patients were asked about their smoking when they were in the hospital
- **16%** of patients were given specific help or information to quit smoking or stay smoke free

*"Brief intervention should be used by all health professionals during every clinic visit." - Northern Health (2012) Position on Tobacco Reduction*

**53% of patients were advised to quit** in the two months prior to their surgery by a health care provider

What proportion of patients who smoke were aware that smoking...?



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