

STOP BEFORE THE OP

Supporting patients to stop smoking prior to surgery

LINKS BETWEEN SMOKING AND PERI-OPERATIVE COMPLICATIONS ARE WELL ESTABLISHED.

34%

Even short-term peri-operative smoking cessation interventions can reduce post-op complications by up to 34%.¹



What's more, people are more likely to accept help to quit smoking around this time.² And yet most providers do not routinely offer smoking cessation advice.



As a leader in smokefree environments and clinical management of nicotine dependency, we decided to address this gap.

THE IMPACT

TO ASSESS THE IMPACT OF THESE INTERVENTIONS, WE COMPLETED A RETROSPECTIVE AUDIT. THE RESULTS WERE IMPRESSIVE...



4x

QUIT ATTEMPTS

Patients were more than **4 times** as likely to make a quit attempt prior to surgery



2x

SMOKEFREE

Patients were more than **2 times** as likely to be smokefree on the day of surgery



INTERVENTION: **53.6%** (97/181)
VS
CONTROL: **11.0%** (32/292)



INTERVENTION: **23.3%** (42/181)
VS
CONTROL: **7.9%** (23/292)

...AND THESE RESULTS WERE STATISTICALLY SIGNIFICANT

CONTROL GROUP: usual care, ad-hoc quit advice at the discretion of pre-admission clinic team

THE INITIATIVE

WE INTRODUCED 'STOP BEFORE THE OP' TO INFORM SURGICAL PATIENTS ABOUT THE BENEFITS OF STOPPING SMOKING.



THE INITIATIVE INCLUDED:

A flyer within the booking pack for patients, to highlight the risks of smoking, its impact on surgery, and support options for quitting



Pre-admission clinic signage to encourage smoking cessation



Information within patient and GP letters

WE FURTHER SUPPORTED 'STOP BEFORE THE OP' WITH:

pharmacist-led brief intervention for smoking cessation and funded nicotine replacement therapy in 2016.



WHAT IT MEANS



We're committed to providing **best-practice smoking cessation support** for patients prior to surgery

We're taking a lead in **reducing the harm caused by smoking**

We're showing other peri-operative providers that supporting patients to stop smoking prior to surgery is both **beneficial and achievable**

ALFRED HEALTH IS PROUD TO BE **totallysmokefree**

a breath of fresh air



1. Lindström et al, 2010. 2. Shi et al, 2010.