



Service Priorities and Programmes
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Preoperative Education Program on Smoking Cessation in Pre-anaesthetic Assessment Clinic of Day Surgery Centre, UCH

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Introduction

Smokers are found to have increased risks of perioperative cardiopulmonary and wound related complications with the risks being reduced after smoking cessation. However, patients may not be aware of direct effect of smoking on their postoperative complications and recovery. Perioperative period may serve as “teachable moment” to bring about such behavioural changes.

Objectives

To educate those current smokers, who will be scheduled for operation coming through Day Surgery Centre, on effects of smoking on perioperative risks so as to achieve abstinence from smoking preoperatively or even long term.

Methodology

A preoperative education program on smoking cessation was started on August 2017 to educate patients, who smoke, on effects of smoking on perioperative risks based on an information pamphlet with direct explanation by anaesthetists/nurses during pre-anaesthetic assessment clinic, further consolidate by using questionnaire to test patients' relevant knowledge and refer those agreed to KEC Smoking Cessation Clinic.

After identifying current smoking patients in pre-anaesthetic assessment clinic, they would be asked to fill in a questionnaire to test their knowledge on perioperative smoking hazards. Then, an information leaflet was provided and the answers of the questionnaire would be verbally explained by anaesthesiologists and nurses during clinic consultations. Patients would be referred to KEC Smoking Cessation Clinic if they agreed. Identical set of questionnaire would be filled up by the patients on the day of operation again to test if there had been consolidated knowledge on the

Result

1. The smoking population was decrease dramatically from 99 to 38 on the day of operation.
2. Based on the score of questionnaire on testing the knowledge on perioperative

smoking hazards, it reviewed the smoking population had minimal knowledge as the mean score was 1.68/10. Though the score improved with statistical significance later on the day of operation, to mean score of 3.36, it still implied more education was required to enhance their awareness and understanding of the hazards.