



Service Priorities and Programmes Electronic Presentations

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Perioperative Smoking Cessation Program in Tseung Kwan O Hospital

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Introduction

Cessation of smoking before surgery can have both short term and long term benefits to patients. It can reduce the risk of perioperative complications such as pulmonary, cardiovascular and wound complications, as well as reducing the long term risk of heart disease, lung disease, stroke and cancer.

It has been suggested that the preoperative visit and perioperative period are an opportunity for a "teachable moment" for smoking cessation interventions. Many smokers are not aware that smoking increases their risks of anaesthetic and surgical complications. When they are educated about these complications, they will be more motivated to quit.

Objectives

To promote general health of patients

Methodology

In order to support our patients to quit smoking before operation, since September 2015, we have been referring patients to the Tung Wah Group of Hospitals Integrated Centre on Smoking Cessation in Tseung Kwan O, which is located within walking distance to TKOH. The service is free-of-charge. The anaesthetic and nursing staff of the Department of Anaesthesia and Ambulatory Surgery Centre identified the smoker patients during preanaesthetic assessment. The increased risk of smoking on perioperative complications was emphasized. The smoker patients were referred for preoperative smoking cessation.

The smoking cessation counsellors provided practical advice and pharmacotherapy to assist quitting. The initial program lasted for 8 weeks. The patient were also followed up at 26 and 52 weeks for progress.

Result

From October 2015 to September 2016, the total number of referral was 272.

114 (42%) of smokers joined the smoking cessation program.

57 (50%) and 46 (50%) of smokers successfully quit by 8 and 26 weeks respectively.

75 (66%) and 58 (62%) of smokers either quit smoking or reduced smoking by 8 and 26 weeks respectively.

The smoking cessation rate was encouraging. Many smokers not only abstained from smoking temporarily before operation, but successfully quit permanently. The program can improve the perioperative outcomes, as well as benefitting the patients' long term health by reducing the risk of smoking associated diseases.