MEDIA RELEASE

Long-term effectiveness of preoperative smoking cessation

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A case study that examined the effectiveness of an intervention program at Western Health in Victoria to encourage patients to quit smoking prior to surgery, and details how preoperative intervention may contribute to long-term changes in smoking behaviour, is one of the latest articles to feature in this month’s issue of the *Australia and New Zealand Journal of Surgery (ANZJS)*, the peer-review publication of the Royal Australasian College of Surgeons (RACS).

The study addresses that smoking has been shown to be associated with adverse events in the perioperative period, with smokers at a 40% increased risk of 30-day mortality compared to non-smokers and that smokers are more likely to suffer from complications such as respiratory events, pneumonia and cardiac arrest, infections and sepsis.

An intervention model prior to surgery that encourages and counsels patients to quit will not only reduce postoperative complications but may result in long term cessation, the study reports.

According to the article, the study involved 50 participants enrolled for elective surgery who were smokers. Participants were first offered a standard intervention package to address the habit prior to surgery and then briefly interviewed to assess their smoking behaviour on their day of surgery, 3 and 12 months post-operatively.

Authors Prof. Hugh Taylor and Dr Amalia Karahalios of the University of Melbourne, and Dr David Bramley of the Victorian Department of Anaesthesia and Pain Medicine, report that a limited preoperative smoking cessation intervention leads to a reduction in smoking up to 12 months post-operatively, and that one-third of participants who had cut down or quit attributed their change in behaviour to the interventions offered to them at Western Health.

The case study recommends that patients be supported around the cessation of smoking as they are more likely to quit if encouraged by a clinician.

Read the full article here

*The ANZ Journal of Surgery, published by Wiley-Blackwell, is the pre-eminent surgical journal published in Australia, New Zealand and the South-East Asian region for the Royal Australasian College of Surgeons. The Journal is dedicated to the promotion of outstanding surgical practice, and research of contemporary and international interest.*

About the Royal Australasian College of Surgeons (RACS)

RACS is the leading advocate for surgical standards, professionalism and surgical education in Australia and New Zealand. The College is a not-for-profit organisation that represents more than 7000 surgeons and 1300 surgical

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trainees and International Medical Graduates. RACS also supports healthcare and surgical education in the Asia-Pacific region and is a substantial funder of surgical research. There are nine surgical specialties in Australasia being: Cardiothoracic surgery, General surgery, Neurosurgery, Orthopaedic surgery, Otolaryngology Head-and-Neck surgery, Paediatric surgery, Plastic and Reconstructive surgery, Urology and Vascular surgery.

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