

Smoking cessation intervention in relation to surgery – effect on postoperative complications and smoking cessation

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Background

Smokers are at greater risk of developing postoperative complications

Aims

The evidence for an effect of smoking cessation intervention in relation to surgery on:

- Postoperative complications
- Smoking cessation at surgery & 12 months postop



Methods

Systematic search

Inclusion criteria:

- Randomized controlled trials (RCTs)
- Intervention in relation to surgery
- Postoperative complications
- Smoking cessation

Results

- 10 RCTs in 12 papers
- 6 RCTs  postoperative complications
- 9 RCTs  smoking cessation

Focus in this presentation:

RCTs that evaluated the effect of intervening on postoperative complications as well as smoking cessation

Results

Interventions were:

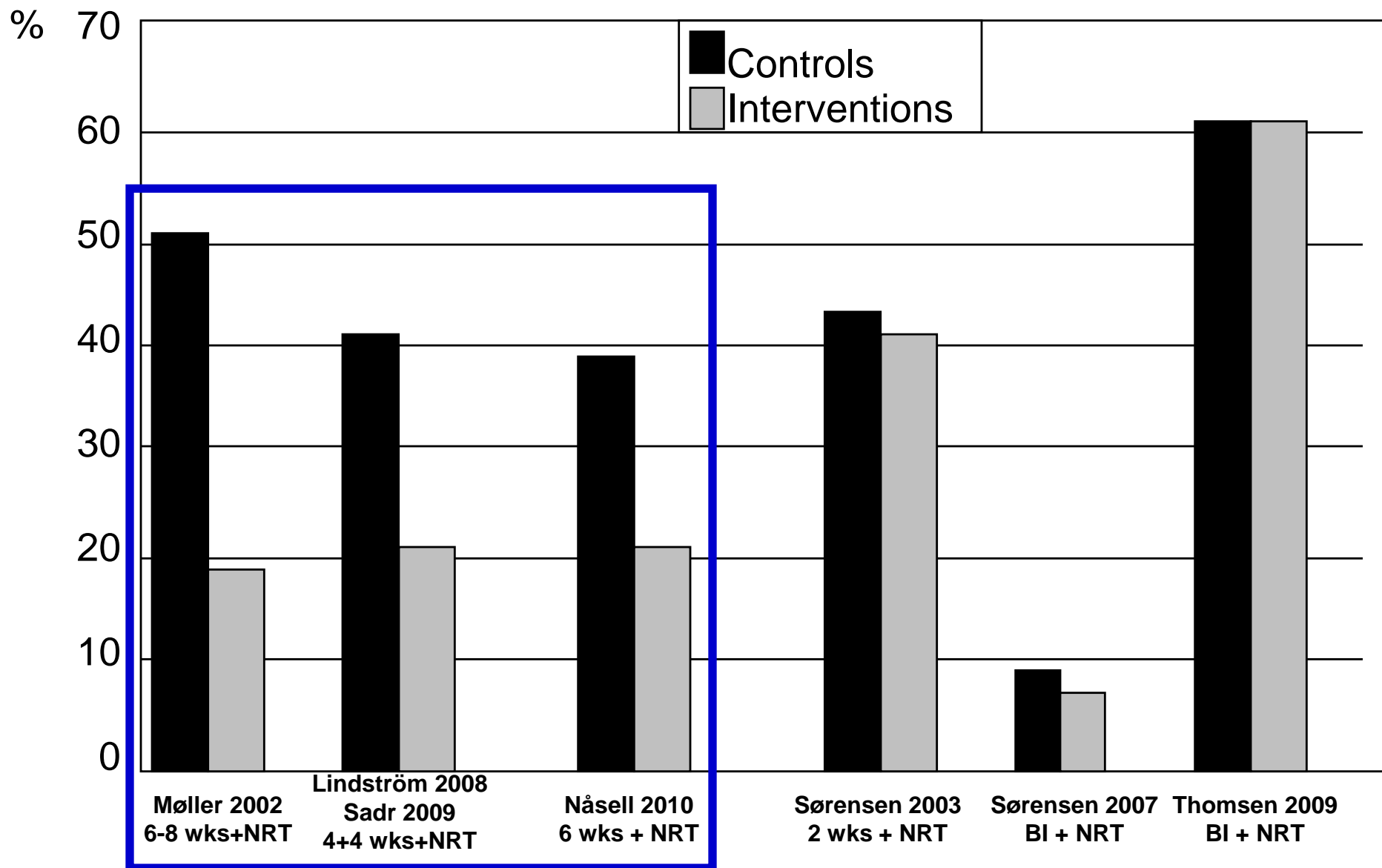
“6-8 weeks + NRT” – “2-3 weeks + NRT” – “BI + NRT”
(n=3) (n=1) (n=2)

Controls:

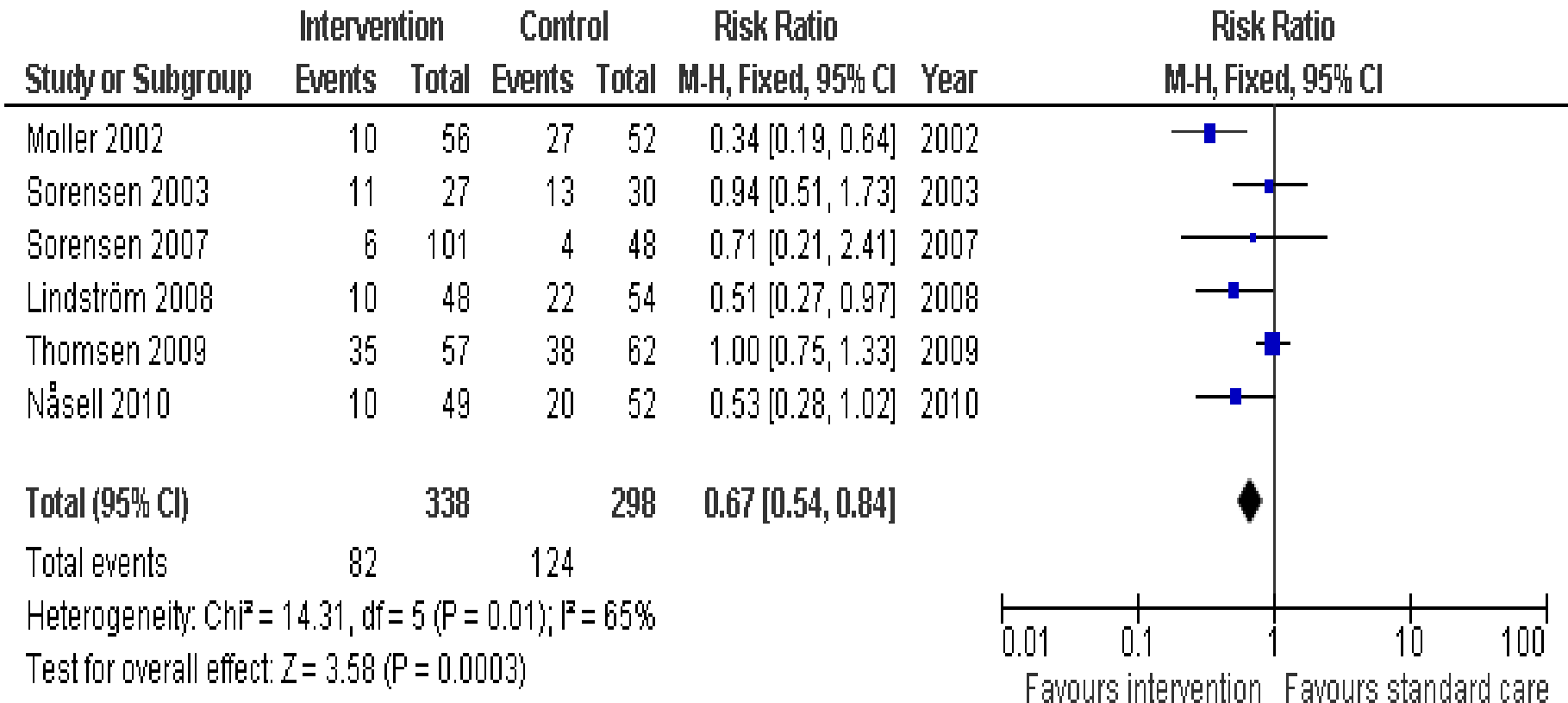
Daily smoking ↔ neutral info

Elective surgery within a range of specialties
(n=9) & acute orthopaedic surgery (n=1)

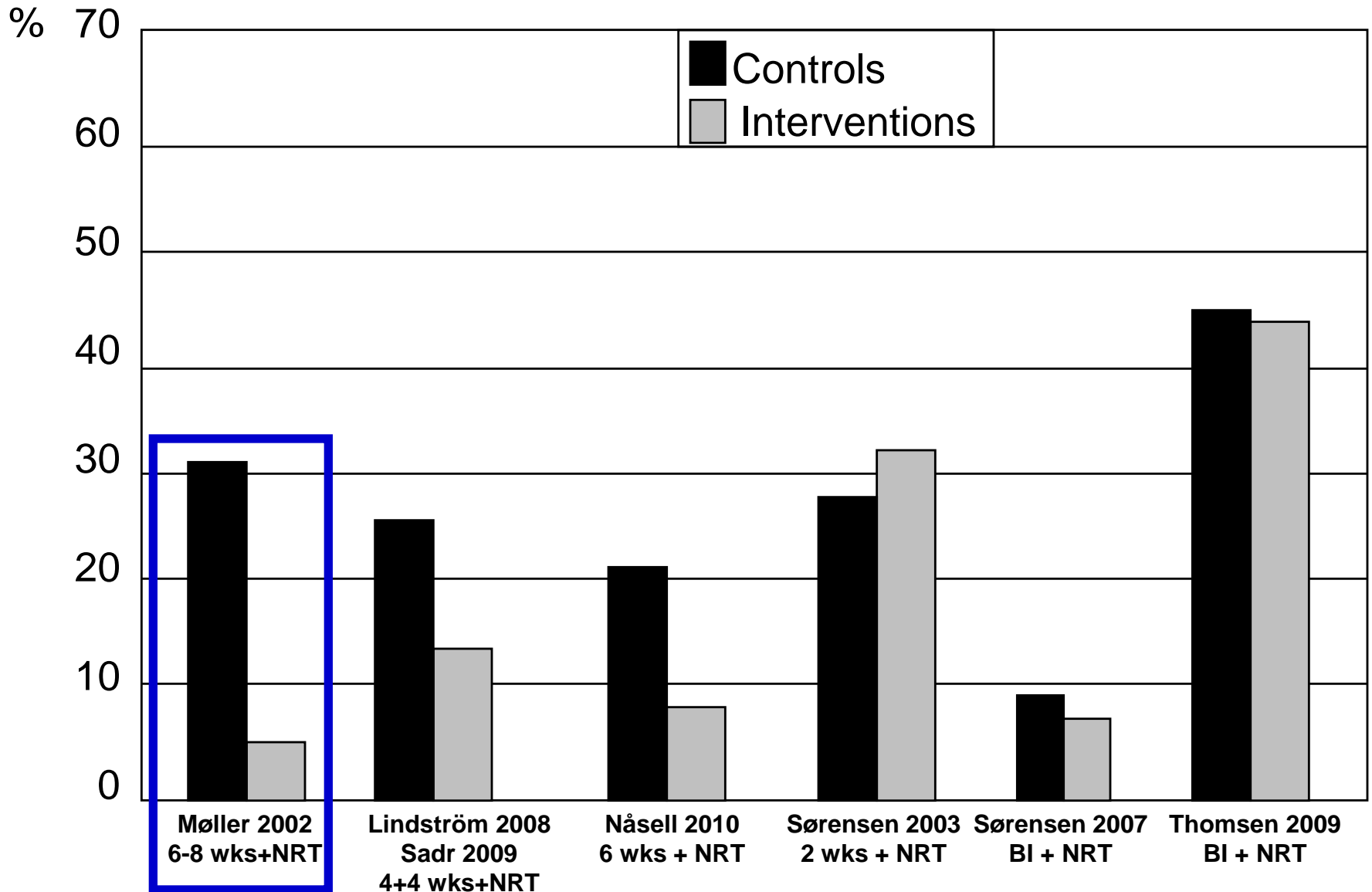
Any postoperative complication



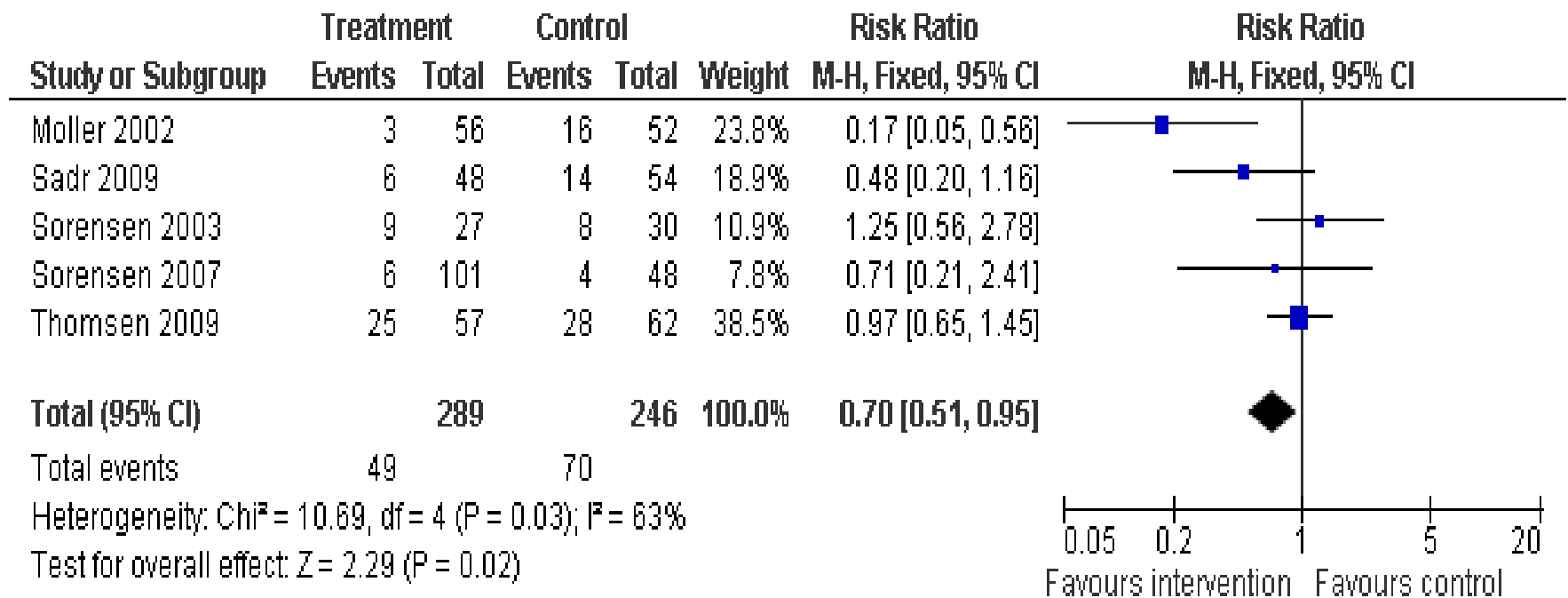
Any postoperative complication



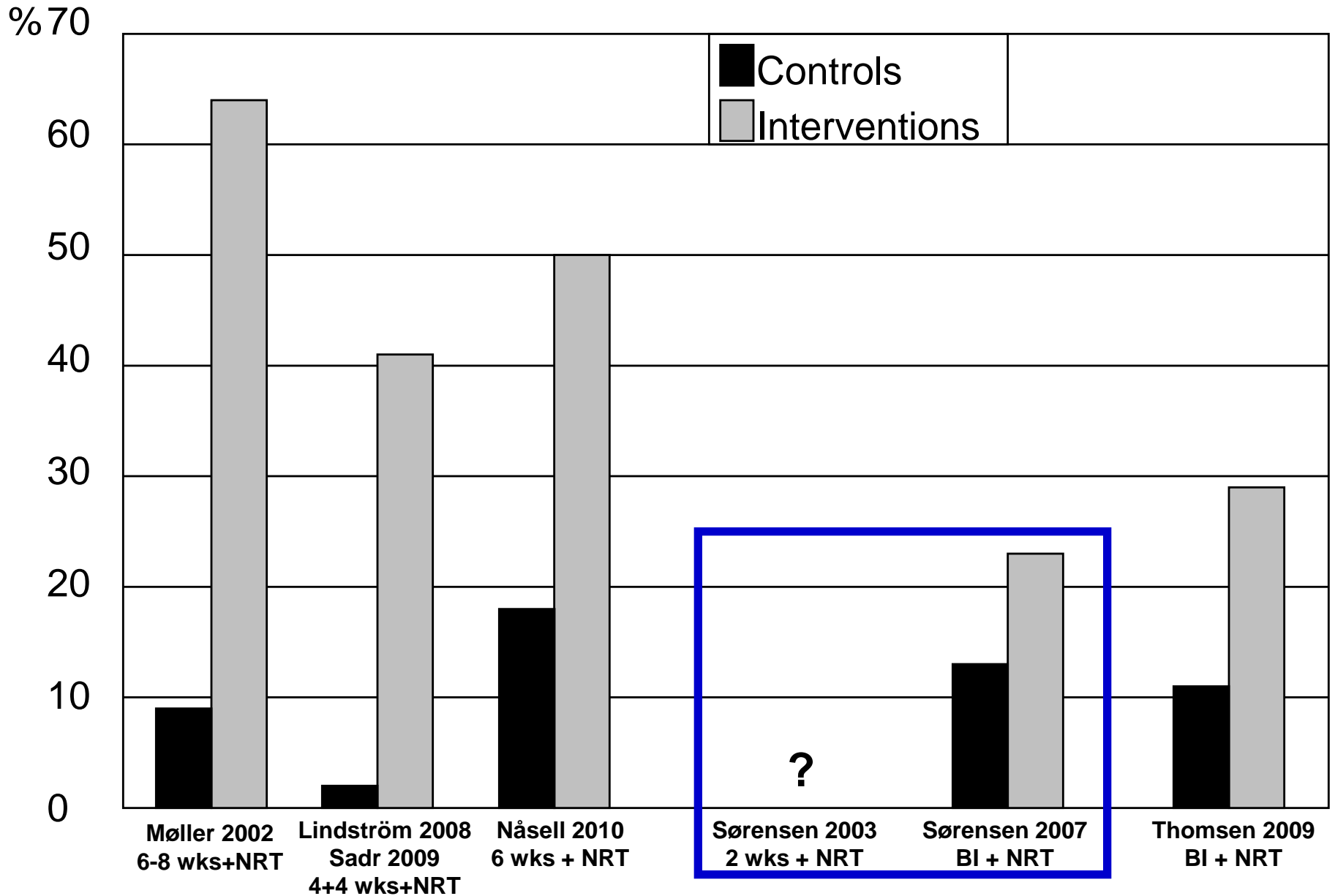
Any wound complication



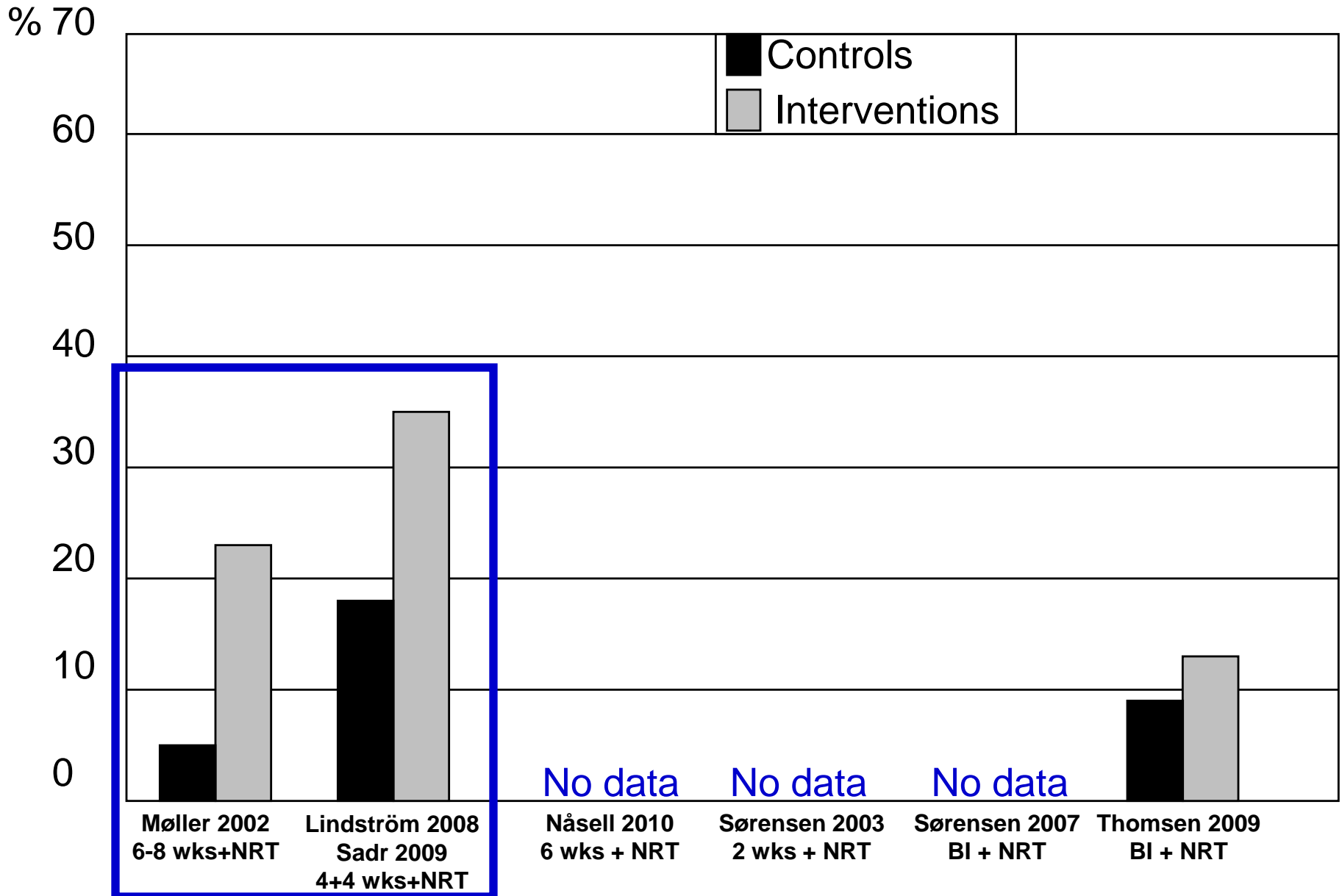
Any wound complication



Perioperative smoking cessation



Cessation 12 months postop



Conclusions

Intensive smoking cessation intervention in relation to surgery:

- Reduces postoperative complications
- Supports smoking cessation short- and long-term

Brief intervention is not of clinical importance to surgical patients

Thank you!

