

# Program helps patients quit smoking before surgery

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(HealthDay)—A smoking cessation intervention offered in a preadmission clinic is associated with decreased rates of smoking on the day of surgery and 30 days postoperatively, according to research published in the September issue of *Anesthesia & Analgesia*.

Susan M. Lee, M.D., of the University of Western Ontario in London, Canada, and colleagues randomly assigned patients in the preadmission clinic at a hospital to either an [intervention group](#) (84 patients) or a control group (84 patients). The intervention group received brief counseling on smoking cessation by the preadmission nurse, brochures,

referral to a smokers' helpline, and a free six-week supply of transdermal nicotine replacement therapy. The control group received standard care.

The researchers found a significantly higher rate of smoking cessation in the intervention group (14.3 percent) than in the control group (3.6 percent; relative risk, 4.0). No difference was observed in the overall combined rate of intraoperative and immediate postoperative complications between the groups. At 30 days following surgery, the rate of [smoking cessation](#) was significantly higher in the intervention group compared with the [control group](#) (28.6 versus 11 percent; relative risk, 2.6).

"The results of this study show that a smoking [cessation intervention](#), designed to minimize additional use of physician or nursing time, results in decreased smoking rates on the day of surgery and promotes abstinence 30 days postoperatively," the authors write.

**More information:** [Abstract](#)  
[Full Text](#)

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