

# The BuTT Out QI Project

## Perioperative Smoking Cessation

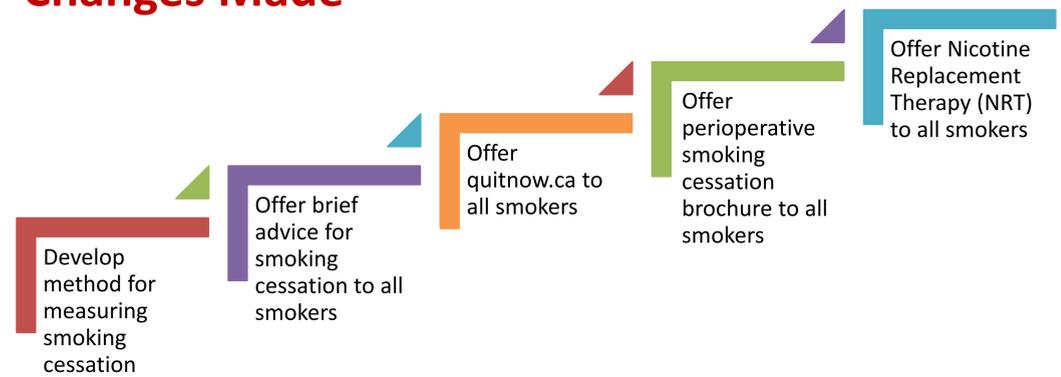


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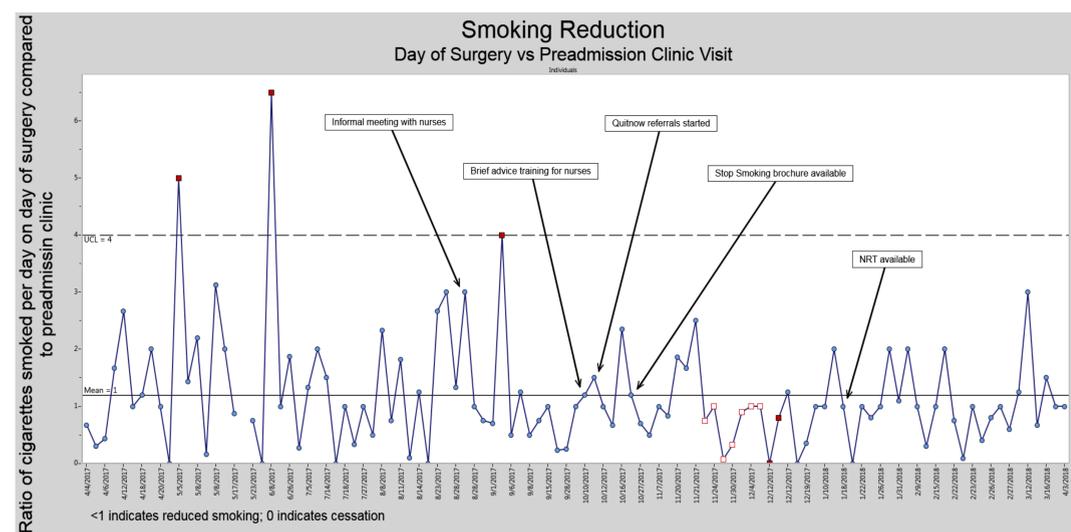
### Background

- Smokers suffer more complications and higher risk of mortality after surgery than non-smokers
- Smoking cessation programs preoperatively may reduce morbidity and mortality
- Prior efforts to encourage preoperative abstinence from smoking were uncoordinated
- The BuTT Out project hopes to increase smoking cessation rates by providing advice and resources to smokers in the preadmission clinic
- Smoking cessation prior to surgery can result in dramatic decreased postoperative complications and even promote long-term smoking cessation

### Changes Made

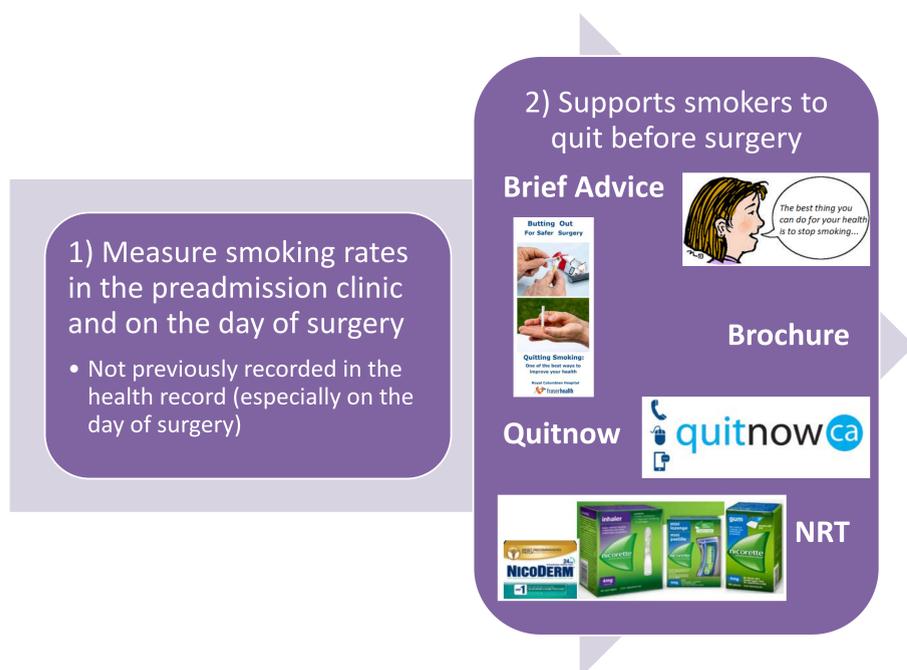


### Results



**To increase smoking cessation rates in elective surgical patients at Royal Columbian preadmission clinic, as measured on the day of surgery, from 5% to 10% by July 2018**

### Project Design & Strategy



### Team

Dr. Susan Lee, Denice Mattock (PAC RN), Tracey Giles (PQI Coordinator), Justine Teoh (SFU Student), Dr. John Ramsden (Dept. Head, Anesthesia), Dr. Richard Merchant, RJ Hernandez (PAC PCC), Erin Usselman (OR PCC), Darlene McKinnon (Executive Director RCH)

### References

Lee SM, Landry J, Jones PM, Buhrmann O, and Morley-Forster P. The effectiveness of a perioperative smoking cessation program: a randomized clinical trial. *Anesth Analg*. 2013 Sep;117(3):605-13.

Lee SM, Landry J, Jones PM, Buhrmann O, and Morley-Forster P. Long-term quit rates after a perioperative smoking cessation randomized controlled trial. *Anesth Analg*. 2015 Mar;120(3):582-7.

### Lessons Learned

- We learned that collecting data in Surgical Day Care is suboptimal as many patients are pre-admitted or come via cardiac surgery. Thus, we moved data collection location to Pre-op Hold
- Up to 50% of data tracking forms have been going missing. The loss of forms correlates with the Pre-op Hold nurse being absent (position is occasionally unstaffed due to nursing shortages)
- Anesthesiologist shortage resulted in minimal time between preadmission visit and day of surgery, resulting in short window of opportunity for smoking cessation

### Next Steps

- Improve data collection process
- Improve data collection quality (by improving forms being used)
- Get feedback from patients on new brochure
- Monitor offers of brief advice, phone counselling, brochure, and NRT for all smokers
- PROCESS GOAL: 100% offers for all 4 interventions

### Contact Information

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