**Appendix 1: Smoking Cessation Program Intervention and Brief Advice Intervention**

**SMOKING CESSATION PROGRAM INTERVENTION†**

● I recommend that my patients stop smoking before surgery and stay off cigarettes for at least 1 week after surgery.

● Just like you should not eat the morning of surgery, you should not smoke the morning of surgery.

● The longer you can quit smoking both before and after surgery, the better – starting now, if you can – because this will help you have the best possible results for this surgery.

● For example, if you quit smoking, you decrease the chances that you will have problems with healing after surgery, such as a wound infection. You will also have fewer problems with your breathing after your surgery.

* Smoking increases your chances of developing diseases such as cancer, heart disease, and lung disease. If you quit, your risk of these diseases decreases almost immediately. Quitting also quickly improves the function of your heart and lungs - within about 12 h.

● Many people find that having surgery is also an excellent opportunity to quit not just for the time around surgery, but for good.

● Most people find that they feel better right away and have more energy. Smoking is also expensive.

● Your smoking can also affect the health of those people who breathe in the smoke from your cigarettes. If you can quit smoking, it will make both you and the people around you healthier.

**Stop smoking techniques**

I know that quitting can be difficult, but here are some things you can do that may help you quit

● Decide for sure that you want to quit, and think about reasons that you want to quit.

● Set a date to quit. Quitting before your surgery is the best, but any time is a good time to quit smoking, even if you wait until after your surgery.

● Tell your friends and family that you plan to quit. Their support can be very important.

● Remove cigarettes and other tobacco products from your home, car and work.

● When you quit, don’t take even a single puff.

● When you stop smoking, you may expect feelings of nicotine withdrawal, although not everyone has these feelings. These feelings can include feeling anxious and craving a smoke. It is your body’s way of telling you it’s learning to be tobacco-free.

● There are medications that can help you quit and help with nicotine withdrawal like nicotine patches, and varenicline. Many people find that these medications are very helpful when they have urges to smoke.

**Vareniciine**

Taking varenicline may help you to quit smoking for life. [Varenicline](http://www.champix-online.co.uk) works by attaching itself to the nicotine receptors in the brain. By doing so, varenicline can help to relieve the craving and withdrawal symptoms associated with stopping smoking. Varenicline does not contain nicotine, but it has been shown to affect the nicotine receptor in the brain that is thought to be most related to smoking addiction. Varenicline can affect this receptor in two opposite ways: it acts like a weaker version of nicotine, and also blocks nicotine from getting to the receptor because it binds more tightly. Although it is thought that this may be, in part, how varenicline works, it is not known exactly how the drug works in people.

* **Side effects**: This medication has some side effects including nausea, headache, sleep disturbance, abnormal dreams, constipation. However you may or may not experience these side effects.
* Please set a Target Quit Date, the day of surgery is the best for quitting

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#  Management of withdrawal symptoms:

* You may experience these common withdrawal symptoms like irritability, anxiety, anger, difficulty concentrating, restlessness, increased appetite, sleep problems, depression, etc.
* **In case of Irritability or anger** - talk to a friend or go out for a walk & do [deep breathing](http://www.cdc.gov/features/Meditation/) or light exercise.
* **Boredom -** you can try new things to keep your hands and mind busy.
* **Cough, dry throat/mouth, nasal drip -** Drink fluids e.g. water, tea; use cough drops, gum or hard candy.
* **Craving for a cigarette -** Drink water, chew gum or eat sugarless candy. Do deep breathing or a relaxing exercise. Brush your teeth. The symptoms will disappear in a few days.
* **Increased Appetite -** Drink water, low-calorie liquids, eat low-calorie⁄low-fat snacks, chew gum.
* **Insomnia -** Take a hot, relaxing bath, avoid caffeine, drink warm milk.
* **Lack of concentration -** get some fresh air, exercise, deep breathe, listen to music, watch TV.

#  To conquer craving and avoid relapses:

* Be positive that you need to quit smoking (e.g. think about the reasons you want to quit, and that your health condition will improve if you do quit smoking)
* Avoid any environment or situation that triggers your urge to smoke
* In case of craving please practice *four Ds (Deep breathing, Drinking water, Delay, Distract yourself* with other activities, e.g. listening to music, chew gum*)*
* Change your trigger behaviour (e.g. brush your teeth after meals, take a shower if you have cravings).
* You can maintain a smoking diary and track how much you smoke daily and then cut down the number of cigarette as much as you can.
* Try to eat a healthy diet and do some exercise

 **Smokers’ Helpline (SHL) information**

● I know that quitting can be difficult, but you don’t have to do this on your own. One thing that many smokers have found helpful is a telephone quitline.

Smokers’ Helpline is a free, confidential, telephone-based service that provides personalized support, advice and information about stopping smoking. You’ll speak one-on-one with a Trained Quit Coach who understands your challenges and has been trained to help people quit smoking. They take the time to understand your situation, and work with you to devise a specific plan that is right for you.

* You can call Smokers’ Helpline to get immediate and appointment based counselling to quit smoking, at any time including after your surgery.

We will refer you to SHL and they will contact you within 24-48 hrs. and will provide scheduled follow-up calls to aid in the quitting process. If you are not interested when they call, just tell them and they will not call again.

Here is some additional information about the reasons that we are asking you to quit smoking for your surgery. (Distribute brochure)

**BRIEF ADVICE INTERVENTION\***

**Advice:**

* As your physician/pharmacist, I am concerned about your health and advise you to stop smoking.
* Quitting smoking can also reduce the chances that you will have problems with healing after surgery or other problems.
* It’s especially important that you do not smoke the morning of your surgery.
* Smoking increases your chances of developing diseases such as cancer, heart disease, and lung disease. If you quit, your risk of these diseases decreases almost immediately. Quitting also quickly improves the function of your heart and lungs - within about 12 h.
* There are medications that can help you with quitting and nicotine withdrawal, including nicotine patches, gum or lozenges that you can get without a prescription. Many people find that these medications are very helpful when they have urges to smoke.

**Assist:**

This is the Smokers' Helpline toll free number- 1 877 513-5333. You can call to get immediate and appointment based counselling to quit smoking, at any time including after your surgery.

**† Adapted from Warner, DO et al. 201120**

\*Adapted from the Smoking Cessation Guidelines for Physicians - Ontario Tobacco Strategy, Tobacco Control Intervention Program.