

# New Flow Chart for Referral of Patients from GP to Hospital as a way of Improving Surgical Outcome



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## Background

Smoking and excessive drinking are risk factors for complications after operation. Four to eight weeks of smoking cessation and abstinence from alcohol prior to surgery improve the clinical outcome.

However, elective surgery may be performed shortly after admittance and the time for life style intervention will be limited.

## Aim

To evaluate a model on life style interventions in the preoperative programme by early involvement of the GP.

## Methods:

We have used a quality development design:

### General Practitioner

Identification of daily smokers and/or excessive drinkers

Information to the patient about the project and the advantages of quitting smoking and drinking before surgery. Leaflet.

Accept from the patient to contact the hospital

Contact to the Smoking Cessation Clinic at the hospital by a hotline

Referral of the patient to the surgical ward as usual.



### Hospital - Smoking Cessation Clinic

Contact to the patient immediately by telephone with an offer to support stop smoking and drinking

Initiation of the intervention in due time before surgery

Motivational counselling followed by:

Programme for stop smoking or stop drinking (Alcohol Unit)

Contact to the surgical ward about patient intervention status before the operation

### Patient

History of lifestyle to GP instead of hospital

Receive information

Take co-responsibility for improvement of surgical outcome by changing lifestyle supported by a qualified programme

## Indicators:

Number of surgical patients who are:

Daily smokers and/or excessive drinkers

Referred to Smoking Cessation Clinic by hotline

% stopped smoking

% stopped/reduced drinking

Giving the history of lifestyle

Accepting intervention

Fulfilling the preoperative programme

Contacted by the Clinic

Smoke free before surgery

Abstinent from alcohol before surgery

## Status

The project is performed in collaboration with Dept Orthopaedic surgery, Dept Surgical Gastroenterology, Smoking Cessation Clinic and Alcohol Unit at Bispebjerg Hospital as well as 12 General Practitioners in the community, and the Health and Care Administration in Copenhagen.

Inclusion of patients started in May 2004, and we are waiting for the first of 200 patients to show up.