



# Smoke-Free Recovery from trauma surgery: A pilot trial of an online smoking cessation program for orthopaedic trauma patients



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## Background

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- Orthopaedic trauma patients smoking rate 24%-39.2%
- Barriers to smoking cessation care:
  - lack of time, skills, other priorities
- Online smoking cessation programs are effective
- Patients have high rates of internet access (75% to 92%)



## Aims

- Pilot test Smoke-Free Recovery (SFR)<sup>1</sup> with orthopaedic trauma patients
- Examine themes relating to:
  - Engagement
  - Retention
  - Acceptability
  - Smoking cessation



<sup>1</sup> McCrabb, Sam, et al. "Smoke-Free Recovery from Trauma Surgery: A Pilot Trial of an Online Smoking Cessation Program for Orthopaedic Trauma Patients." *International Journal of Environmental Research and Public Health* (2017): 847



## Methods

### Design and setting:

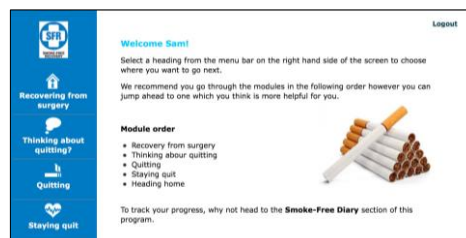
- Pilot study
- Timing data
- Qualitative phone calls

### Participant

- 18-80 years
- Fracture patient

### Intervention

- Smoke-Free Recovery (SFR).



## Results

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### Engagement

- 90% accessed (n=28), some did not recall program access

**Retention to SFR** after discharge was low (n=2)

**Acceptability** *“very user friendly... the information was helpful!”*

### Smoking cessation

- Quit during hospital admission
- Remained abstinent or reduced intake after discharge

## Conclusions

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- Engagement during admission was high
  - Medication and anaesthesia
- Retention after discharge was low
- Competing priorities in patient lives
- Cessation during hospital was common
  - Relapse to smoking occurred
- Post-discharge support more personalised

# THANK YOU

## THANK YOU

Orthopaedic fracture patients  
who provided feedback and  
staff at the recruiting hospital

