

## Patient information – Stop smoking services

### Preparing for your Musculoskeletal (MSK) Assessment

<p><b>Why is stopping smoking so important?</b></p>	<p>Smoking significantly increases your risks during and after an operation, making complications more likely during and after hip or knee surgery.</p> <p>Risks include:</p> <ul style="list-style-type: none"> <li>• Need for higher dose of anaesthetic in surgery</li> <li>• Slower healing times</li> <li>• Longer stays in hospital</li> <li>• Increased risk of lower lung infections such as pneumonia</li> <li>• Increased risk of medical complications such as myocardial infarction (heart attack)</li> <li>• Increased risk of death following surgery</li> <li>• Increased use of medications for control of pain following surgery</li> <li>• Greater risk of readmission to hospital following surgery</li> </ul> <p><b>Stopping smoking before surgery decreases risk:</b> Best to stop at least one month ahead but the earlier the better.</p>
<p><b>Advice and support</b></p>	<p><b>Getting help to stop smoking: Smokefreelife Oxfordshire</b> – provided by Oxfordshire County Council - offer free support and advice on medication (nicotine replacement therapy – NRT) on prescription.</p> <p><b><i>You are four times more likely to quit with support and treatment.</i></b></p> <p>To contact:</p> <ul style="list-style-type: none"> <li>• <a href="https://www.smokefreelifeoxfordshire.co.uk/how-to-quit/">https://www.smokefreelifeoxfordshire.co.uk/how-to-quit/</a></li> <li>• 01869 814 216   0800 246 1072</li> <li>• text QUIT to 66777</li> </ul> <p><b>Free, proven support to help you quit now</b></p> <p>Join the thousands of people who have used Smokefreelife support to help them stop smoking. Specialist advisors provide free expert advice and guidance, set up an action plan and help you work through any problems and advise on the best stop smoking medication for you.</p> <p><b>Available 7 days a week</b> 8am – 8pm Monday – Friday 9.30am - 5pm Saturday and Sunday</p> <p>Check the website for current locations <i>*Please be aware that there could be a potential delivery cost for any items sent via the post.</i></p> <p><b>Smoking cessation clinics</b> – provided by the Hospital Smokefreelife team Stop smoking clinics are available for staff, patients and visitors – you can drop in, no appointment necessary, or phone for an appointment.</p> <ul style="list-style-type: none"> <li>• Monday 9.30am - 5pm, Respiratory Day Case Unit, Churchill Hospital</li> <li>• Wednesday 9.30am - 5pm, Outpatient Department, Horton General Hospital</li> <li>• Friday 9.30am - 5pm, Outpatients Blue Area, John Radcliffe Hospital</li> <li>• Email: <a href="mailto:hereforhealth@ouh.nhs.uk">hereforhealth@ouh.nhs.uk</a></li> <li>• Tel: 01865 221429</li> </ul> <p>Outside of clinic hours, Here for Health can provide stop smoking support and referral to services for provision of stop smoking NRT medication.</p>
<p><b>Additional information</b></p>	<p>The leaflet (link below) helps with making lifestyle changes before surgery <a href="https://www.rcoa.ac.uk/fitterbettersooner">https://www.rcoa.ac.uk/fitterbettersooner</a></p>

## Patient information – Weight management

### Preparing for your Musculoskeletal (MSK) Assessment

<p><b>Why is weight so important?</b></p>	<p>Being overweight or very overweight increases the likelihood of musculoskeletal problems, of pain and complications with major joint surgery.</p> <p><b>Short term</b></p> <ul style="list-style-type: none"> <li>• Increased surgical risk and longer operating times</li> <li>• Increased risk of infection</li> <li>• Delayed wound healing</li> <li>• Haematoma (a superficial blood clot)</li> <li>• Increased risk of Deep Vein Thrombosis (DVT) a blood clot, usually in the leg</li> </ul> <p><b>Long Term</b></p> <ul style="list-style-type: none"> <li>• Increased risk of dislocation of the new joint</li> <li>• Increased risk of disability and pain</li> <li>• Increased risk of DVT</li> </ul>
<p><b>What can I do?</b></p>	<p>Losing weight can be difficult, but support is available. Weight reduction decreases strain and pressure on your leg's joints, which for many people will also reduce pain. This is most beneficial if started before surgery.</p>
<p><b>I am overweight or very overweight. Will that affect my assessment for a knee or hip replacement?</b></p>	<ul style="list-style-type: none"> <li>• Strong evidence links excessive body weight with poor outcomes in major joint surgery, highlighting the benefit of weight loss and lifestyle changes to joint health in general and before surgery. If you are significantly overweight, particularly if your BMI* is 35 or above, aiming to reduce your weight and BMI to under 35 is a key goal.</li> <li>• Health services expect people who are significantly overweight to engage with appropriate support services to help with weight loss.</li> <li>• Major hip or knee surgery cannot always be performed on a person who is very overweight for reasons of risk and safety. In any exceptional cases the decision will be made by the specialist responsible for the person, in relation to clinical need.</li> </ul> <p>*To work out your BMI: <a href="https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/">https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/</a></p>
<p><b>Advice and support</b></p>	<p><b>Weight management support</b> You can refer yourself to commercial weight management programmes:</p> <p><b>Achieve Healthy Weight Loss Oxfordshire</b> provides links to options such as Slimming World, Weight Watchers Health Solutions and Man v Fat football</p> <ul style="list-style-type: none"> <li>• <b>Phone number: 01865 338119</b></li> <li>• Email: <a href="mailto:hello@achieveoxfordshire.org.uk">hello@achieveoxfordshire.org.uk</a></li> <li>• <a href="https://achieveoxfordshire.org.uk/get-started/">https://achieveoxfordshire.org.uk/get-started/</a></li> </ul> <p><b>Increasing physical activity: Active Oxfordshire</b> – If you want to start gently and need some support you could also join a health walk</p> <ul style="list-style-type: none"> <li>• <a href="http://www.oxfordshiresport.org">www.oxfordshiresport.org</a></li> </ul> <p>There are many walks available across Oxfordshire</p> <ul style="list-style-type: none"> <li>• <a href="http://www.walkingforhealth.org.uk">www.walkingforhealth.org.uk</a></li> <li>• <a href="https://www.oxfordshire.gov.uk/residents/social-and-health-care/public-health-and-wellbeing/fitness">https://www.oxfordshire.gov.uk/residents/social-and-health-care/public-health-and-wellbeing/fitness</a></li> </ul> <p>If you have a medical condition or are overweight you may be eligible to join the Oxfordshire Exercise on Referral Scheme or for referral to dietetic services. Ask your GP Practice.</p>
<p><b>Additional information</b></p>	<p>The leaflet (link below) helps with making lifestyle changes before surgery <a href="https://www.rcoa.ac.uk/fitterbettersooner">https://www.rcoa.ac.uk/fitterbettersooner</a></p>