

# Changing health behaviours prior to surgery: What are your views?

<b>Submission date</b> 24/07/2015	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 19/10/2015	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 02/07/2020	<b>Condition category</b> Surgery	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Complications such as wound infections, chest infections and heart problems are common after major surgery. Up to half of all patients having a major operation experience complications and even though the vast majority of those patients get better and subsequently go home, their quality of life and ability to function as well as they did before their operation can be seriously affected. Hospital based preoperative assessment clinics allow healthcare professionals to detect chronic health conditions such as heart disease and diabetes, which, if not managed properly, can lead to increased death and complication rates. It is now well established that, like these chronic health conditions, certain lifestyles make complications after surgery more likely. These behaviours include: being less active and having poor physical fitness, being underweight or severely obese, smoking and drinking too much alcohol. It is common for patients to have more than one of these factors (e.g. smoking and alcohol excess) with the impact on risk of complications following surgery frequently underestimated by the medical profession. For example, patients who drink even a small amount more than the Government recommended alcohol limit have a 50% increase in the chance of suffering a complication after surgery. Despite this knowledge patients are rarely told to cut down their alcohol consumption before their operation. The prospect of surgery itself provides healthcare professionals a unique opportunity to discuss, and counsel patients about, these adverse behaviours at a time when they are likely to be focused on their health. It may be possible to use this increased focus on health, and frequent contact with healthcare professionals around this time, to help patients make lifestyle behaviour changes that will benefit not only their short-term surgical outcome, but also their long-term health. This research project aims to investigate the attitudes, beliefs and motivations of patients about to undergo major surgery with regards to making changes to their lifestyle before surgery.

### Who can participate?

Adult patients (aged at least 18) attending the pre-operative assessment clinic prior to undergoing any operative procedure.

### What does the study involve?

Patients are given a questionnaire exploring views about behaviour change prior to major surgery. The questionnaire investigates patient's ratings of motivation, confidence and

perceptions on short and long-term behavioural changes and perceptions about multiple behaviour change. The questionnaire also asks the patient their views about the acceptability of different weight loss/gain, physical activity, alcohol reduction and smoking cessation interventions (programs or treatments).

What are the possible benefits and risks of participating?

There are no immediate benefits or risks to participants. However, information gleaned from the study may influence preoperative practice in the future and benefit future patients undergoing surgery.

Where is the study run from?

The questionnaire is run in the pre-operative assessment clinic across 3 different NHS Hospital sites (James Cook University Hospital, York Teaching Hospitals NHS Foundation Trust and Leeds General Infirmary).

When is the study starting and how long is it expected to run for?

August 2015 to March 2016

Who is funding the study?

South Tees Hospitals NHS Foundation Trust (UK)

Who is the main contact?

Dr Elke Kothmann

## Contact information

**Type(s)**

Scientific

**Contact name**

Dr Elke Kothmann

**Contact details**

Department of Academic Anaesthesia  
James Cook University Hospital  
Marton Road  
Middlesbrough  
United Kingdom  
TS4 3BW

## Additional identifiers

**Protocol serial number**

1.0

## Study information

**Scientific Title**

Changing health behaviours prior to surgery: an observational study

**Study objectives**

The aim of this study is to explore attitudes, barriers and facilitators to implementing evidence based behaviour change to optimise patients health before major elective surgery.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

The proportionate review sub-committee of the Wales, 08/07/2015, ref: REC 7. 15-WA-0255

**Study design**

Observational study

**Primary study design**

Observational

**Study type(s)**

Prevention

**Health condition(s) or problem(s) studied**

Improving patient fitness prior to major elective surgery (prehabilitation).

**Interventions**

A nurse administered patient questionnaire to explore attitudes, barriers and facilitators to implementing evidence based behavioural change to optimise patients health before major surgery. Responses to questions will be rated on a visual analogue scale.

**Intervention Type**

Behavioural

**Primary outcome(s)**

Visual analogue scale score in response to the questions asked exploring the attitudes, barriers and facilitators to implementing evidence based behavioural and non-behavioural interventions before surgery. It will be to determine patient opinion about behavioural change prior to surgery.

**Key secondary outcome(s)**

Descriptive analysis of subgroups of interest e.g. type of surgery, age, socio-economic status and baseline behaviours to look at moderators of response to individual questions.

**Completion date**

01/03/2016

**Eligibility****Key inclusion criteria**

All adult patients (minimum 18 years of age) attending the preoperative assessment clinic prior to undergoing any operative procedure.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Total final enrolment**

299

**Key exclusion criteria**

1. Patients aged 18 years and under
2. Patients lacking capacity to consent and complete questionnaires

**Date of first enrolment**

03/08/2015

**Date of final enrolment**

01/03/2016

## **Locations**

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**James Cook University Hospital**

Marlon Road

Middlesbrough

United Kingdom

TS4 3BW

**Study participating centre**

**York Teaching Hospitals NHS Foundation Trust**

Wigginton Road

York

United Kingdom

YO31 8HE

**Study participating centre**  
**Leeds General Infirmary**  
Great George Street  
Leeds  
United Kingdom  
LS1 3EX

## Sponsor information

**Organisation**  
South Tees Hospitals NHS Foundation Trust

**ROR**  
<https://ror.org/02js17r36>

## Funder(s)

**Funder type**  
Hospital/treatment centre

**Funder Name**  
South Tees Hospitals NHS Foundation Trust

## Results and Publications

### Individual participant data (IPD) sharing plan

**IPD sharing plan summary**  
Data sharing statement to be made available at a later date

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	21/10/2019	02/07/2020	Yes	No