



**Population Health
Research Institute**
HEALTH THROUGH KNOWLEDGE



Study Question

Among adults undergoing surgery, does Cytisine compared to placebo, and video messaging support compared to standard care, increase the proportion of smokers who are abstinent from smoking at 6 months post-randomization?

Study Summary

Vanguard Objective



Feasibility of recruitment and follow-up

Full Trial Objective

Determine effects of cytisine versus placebo and personalized video messaging versus standard care on biochemically verified 6 month continuous abstinence



Study Design

**2 x 2 factorial
RCT**

Intervention

8 weeks of intervention through two components:

- **pharmacotherapy:** cytisine compared to placebo
- **behavioral support:** personalized video messages (2 per week) compared to standard of care



Vanguard

- 100 patients
- 7 sites
- 1 country



Full trial

- 1720 patients
- 35 sites
- 9 countries



PREVENT

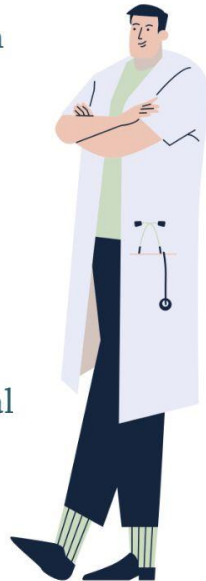
Primary Outcomes

Vanguard

Feasibility of recruiting a total of 100 patients across the 7 centres at an average recruitment rate of 2 patients per center per month, achieving follow-up at 6 months post-randomization on $\geq 90\%$ of the patients

Full

the effect of cytisine versus placebo and in a 2x2 factorial design, personalized video messaging to provide behavioral counselling support compared to standard care, on biochemically verified 6 month continuous abstinence at the 6 month post randomization visit



Full Trial Secondary Outcomes

Urge to smoke

Measured using MPSS at baseline and 6 months

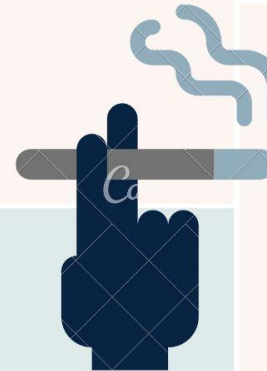
7-day point prevalence

30 days, 56 days and 6 months



Time to first lapse

Defined as smoking a puff after initial quit



Time to relapse

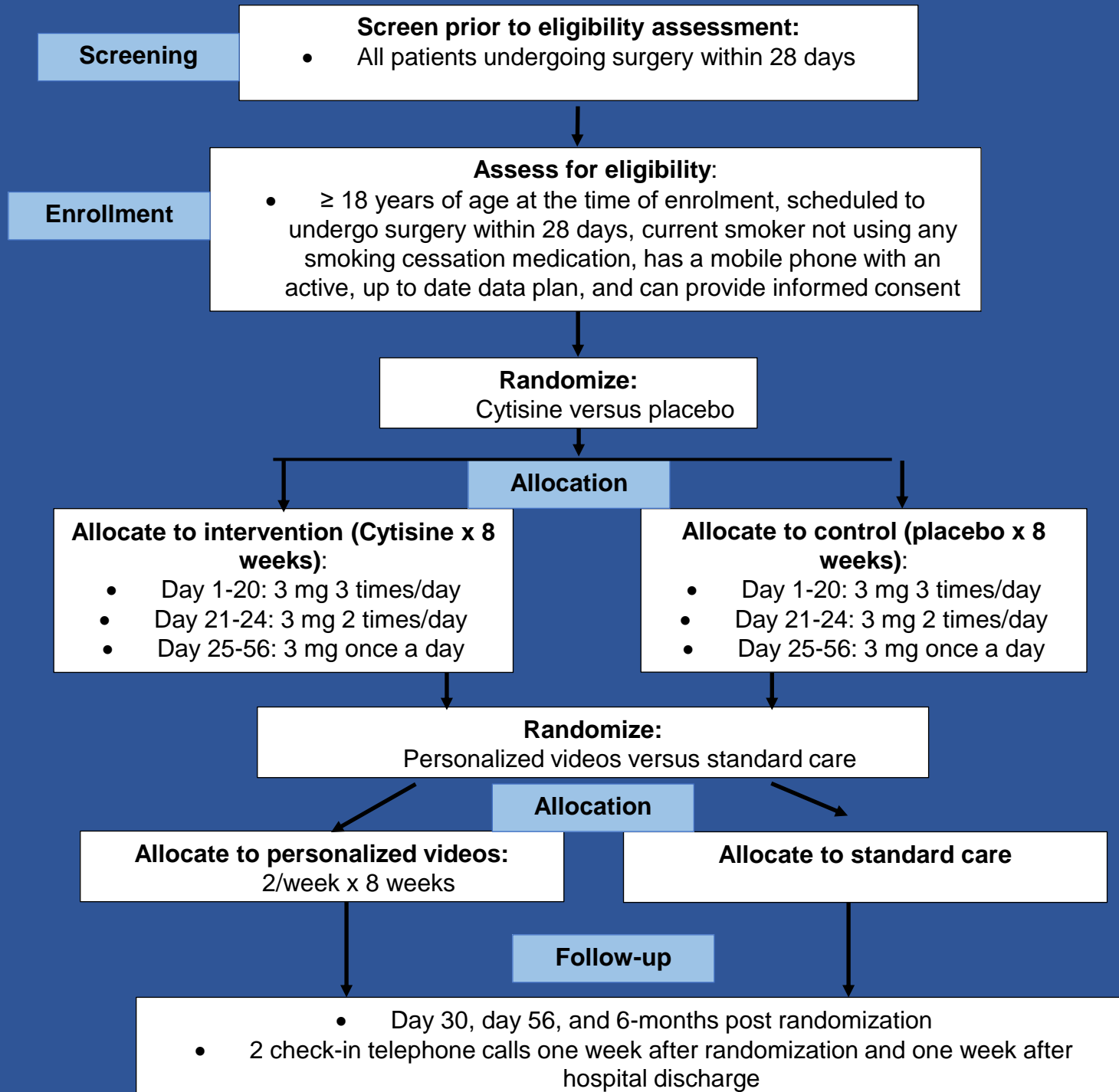
Defined as return to regular smoking following a period of abstinence

Number of cigarettes smoked daily if still smoking

At 30 days, 56 days and 6 months

We will also capture post-operative clinical outcomes such as vascular, pulmonary, wound and infectious complications, along with length of hospital stay and any acute hospital care post-randomization





Thank You!



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