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Evaluation of Release Rate and Patient Compliance in Smoking Cessation Polyclinic

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Objectives: We aimed to evaluate factors affecting cessation success and smoking quit rates at a smoking cessation clinic.

Methods: Of the 1430 patients admitted to our smoking cessation clinic to quit smoking, between January 2015-January 2017, 980 cases who had used bupropion or varenicline were included in the retrospective study. Demographic characteristics of the patients, pharmacotherapy initiated, compliance with treatment, quitting behavior, fagerstrom test results, comorbidities, number of control visits, side effects of the pharmacotherapy were recorded. Cases of smoking cessation and factors affecting success were evaluated.

Results: The mean age of 980 participants [663(67.7%) males and 317 (32.3%) females] was 54.25 years. the smoking cessation rate was 31.3% for 3 months therapy. The number of patients with varenicline was 539 (55%), and bupropion was 441 (45%). The rate of first month follow-up was 566 (57.8%) and the second month control was 222 (22.7%). 3. Number of referral applications per month was 116 (11.3%). The FTND scores, irritability, difficulty in concentration and the daily number of cigarettes smoked were greater in the group that did not quit. Pharmacological treatment in sufficient time increased the success rates. It's shown that sufficient duration of therapy decreases the risk of not quitting.

Conclusion: The process of smoking cessation should be considered individually for each case and it is a difficult process. In this process, adequate behavioral therapy and appropriate pharmacological treatment for individuals in sufficient time will increase the success rate.

Keywords: Smoking cessation, smoking cessation outpatient clinic, cigarette quitting methods