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Title: Long term evaluation of the effectiveness of the first reimbursed smoking cessation program conducted in the Clinic of pulmonary diseases of Iasi, Romania

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Body: Introduction: Short term abstinence of the reimbursed smoking cessation program running in our centre since 2007 ranged between 38.3% and 50.7% Aim: To make the first evaluation of the long term effectiveness of the program. To assess compliance to long term follow-up visits in successful and unsuccessful participants. Material and Method: Long term (12-18 months) telephone follow-up of 125 patients receiving either Bupropion, Varenicline or Nicotine patch and 4-6 counseling sessions for 3 months was done. Patients were asked about actual smoking status, abstinence duration, and willingness to be delivered relapse prevention counseling. Retrospective review of medical records was conducted to analyse compliance to treatment and to follow-up. Results: Among 56 (44.8%) successful quitters, 71.4% answered to the follow-up telephone. Short term abstinence rate was 45.9% for Bupropion, 43% for Varenicline and 47.3% for Nicotine patch. Long term follow-up showed abstinence in 13.5% (Bupropion), 15.2% (Varenicline) and 15.7% (Nicotine patch). 53.9% of respondents agreed to receive relapse prevention counseling. High program compliance was reported even in heavily addicted participants, both in the treatment phase (51.2%) and in long term follow-up (66.6%). Conclusions: High abstinence rates and program compliance were demonstrated in long term follow-up of the reimbursed smoking cessation program.