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Title: Effectiveness of an additional tobacco-dehabituatation-coaching (TDC) through nursing staff during inpatient pulmonary rehabilitation (PR)

Ms. Birgit 19532 Schwaighofer birgit.schwaighofer@klinik-bad-reichenhall.de ¹, Ms. Angela 19533 Burgschwaiger angela.burgschwaiger@klinik-bad-reichenhall.de ¹, Ms. Renata 19534 Stochelska renataevast@web.de ¹, Ms. Zuzana 19535 Jurdikova sushi0518@yahoo.de ¹ and Dr. Konrad 19536 Schultz konrad.schultz@klinik-bad-reichenhall.de MD ¹. ¹ Fachbereich Pneumologie, Klinik Bad Reichenhall, Zentrum für Rehabilitation, Pneumologie und Orthopädie, Bad Reichenhall, Germany, 83435 .

Body: Background: Tobacco dehabituatation (TD) is an essential component of PR. The nursing staff could be able to make an important contribution to TD. We studied the effectiveness of additional coaching from the nursing staff to an already existing comprehensive TD programme (TDP). Methods: From February until July 2011 717 patients were admitted (3-week inpatient PR) of which 26% were smokers. The classification of “smoker” was made in data consolidation served by patients, the physician's estimation and biomonitoring (COHb). Intervention group (TD+coaching through nursing staff=TDC): All smokers within the observed ward were invited to short supportive conversations by the nursing staff (in the first week twice a day, in the following weeks twice a week). In the observed time span 336 patients (95 of which smokers) were assigned to the ward with the associated pilot study. 63 smokers participated in the offered TDC voluntarily (78% male, 55±8 y). 61 patients regularly used NRT. The control group consisted of 381 consecutive patients from a different ward, observed within the same time span, of which 90 were smokers (59% male, 52±9 years). These patients took part in the same TDP, but without TDC. Results:

	Admission (T0)	Dismissal (T1)
Classified smokers	smokers	refrained from smoking
Intervention group (IG)	63	44 (69.8%) p<0.001
Control group (CG)	90	38 (42.2%) p<0.001
	between groups p<0,001	
Biomonitoring (COHb [%])	mean COHb	
IG (n = 63)	2.70 ±1.40	1.84 ±1.11 p<0.001
CG (n = 90)	2.99 ±1.21	2.14 ±1.03 p<0.001
	between groups p=0.099	

Discussion: Those smokers who took part in the TDC refrained from smoking significantly more often than those who did not obtain this support.