

European Respiratory Society Annual Congress 2012

Abstract Number: 301

Publication Number: P4031

Abstract Group: 6.3. Tobacco, Smoking Control and Health Education

Keyword 1: Smoking **Keyword 2:** Comorbidities **Keyword 3:** Treatments

Title: Results in a tobacco consulting room in Albacete University Hospital in 2009

Mr. Francisco Javier 2129 Callejas Gonzalez f.javiercallejas@hotmail.com MD ¹, Mr. Javier 2130 Cruz Ruiz branir@hotmail.com MD ¹, Mr. Raul 2131 Godoy Mayoral raul.godoymayoral@gmail.com MD ¹, Ms. Ana Isabel 2132 Tornero Molina ator9@hotmail.com MD ¹, Mr. Sergio 2133 Garía Castillo sgc82@hotmail.com MD ¹, Ms. Mariela 2134 Plenc Ziegler msplenc@hotmail.com MD ¹, Mr. Abel 2135 Martinez Garcia abeljmartinez@hotmail.com MD ¹, Mr. Juan 2136 Pastrana Calderon jupascal@hotmail.es MD ¹, Ms. Rafaela 2137 Sanchez Simon-Talero aamezcuar@sego.es MD ¹ and Mr. Juan Carlos 2138 Ceballos Romero juancarlosceballos@hotmail.com MD ¹. ¹ Pneumology, Complejo Hospitalario Universitario de Albacete, Spain, 02006 .

Body: Introduction: Results in a Tobacco Consulting Room in 2009. Material and Methods: Retrospective descriptive analysis of the results obtained from patients who were attended in a Tobacco Consulting Room from 1 January to 31 December 2009 and subsequent follow-up to complete a year. Results: 291 of 428 patients (51.2% male), mean age 46 years and mean cigarettes/day 27.5. Moderate-severe nicotine dependence (Fagerström 6.8) and high motivation (Richmond 8.11). Respiratory comorbidity: 12.1% COPD, 7.6% asthma, 11% OSAHS and 0.3% HOT; Cardiac: Ischemic Cardiopathy, 4.8% and Arrhythmia, 2.1%; CVRF: 30.9% dyslipidemia, 19.9% HT and 9.3% DM. 42.6% global psychiatric comorbidity, 37.5% depression and/or anxiety and 13.4% alcoholism. 22% without treatment, 44.6% NRT, 13.1% bupropion and 20.3% varenicline. Those who were treated pharmacologically, although non statistical significance, greater number of days of abstinence among who used varenicline than NRT or bupropion (59.3 vs. 46.7). 7.2% never got more than 24 hours abstinence. Overall of the 291 patients, treatment success (one year without smoking) in 31 (10.7%); Percentage rises to 24.8% if we don't consider those who didn't attend the second consultation. Conclusions: 1. 70.8% didn't start treatment (32% and 57%, first and second appointment respectively). 2. Moderate-severe nicotine dependence and high motivation. 3. Severe comorbidity, especially psychiatric, respiratory and CVRF. 4. Greater number of days of abstinence among who used varenicline than NRT or bupropion (59.3 vs. 46.7). 5. 7.2% never got more than 24 hours abstinence. 6. Overall treatment success 10.7%, amounting to 24.8% excluding those who don't attend the second consultation.