

European Respiratory Society Annual Congress 2012

Abstract Number: 4215

Publication Number: 1380

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

Keyword 1: Smoking **Keyword 2:** Treatments **Keyword 3:** Public health

Title: Effectiveness of smoking cessation advice following admission to hospital

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Body: Intro Hospitalization offers patients a good opportunity to quit smoking especially when they are admitted with a respiratory illness. The Department of Health (DoH) recommends that all inpatient smokers should be offered support by a smoking cessation officer(SCO)¹. Aims • Evaluate if smoking cessation advice is offered to patients admitted with a respiratory illness • Identify a relationship between abstinence and types of smoking cessation aids used Methods Prospective follow up of 100 patients in respiratory clinic following hospital admission with a respiratory condition between December 2010 and October 2011. Baseline demographics and data on smoking habits and cessation advice were collected. Chi squared test was used to assess statistical significance. Results Median (range) age of patients was 62 years (22 – 97). 52 were male. Of 100 patients 85 were offered cessation advice. 51 (60%) were seen by SCO. At follow up (1 to 3 months post discharge) 36 patients were abstinent. Age, gender or degree of tobacco consumption pre-admission did not influence likelihood of cessation. SCO review was associated with abstinence (p=0.02). The most effective methods of cessation were willpower (P=0.001) and use of nicotine replacement therapy (NRT, p=0.006). Conclusions The majority of patients admitted with an acute respiratory illness were offered cessation advice as recommended by DoH. SCO counselling and NRT are powerful tools and affect success rates. Surprisingly, most quitters in our study did not use additional aids and used hospitalization alone as an impetus to give up smoking. References 1.Department of Health (1999) Smoking kills: a White Paper on tobacco.(The Stationery Office, London).