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Title: Implementing smoking cessation strategies in primary health care in Russia: Opportunities and challenges

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Body: Since 3 years Russia implements FCTC and National Policy against tobacco for years 2010-2015. But yet the Health System is not prepared for effective tobacco control(TC). The study aims to assess opportunities, challenges for smoking cessation(SC) strategies in various settings in Primary Health Care(PHC) to define algorithms for effective TC. Pilot studies in 2 various settings conducted: 1)randomized control trial for SC in outpatient clinic conducted in 60 patients. SC intensive advice plus NRT and without NRT was offered to intervention and control groups 2)prospective study to assess the impact of workplace health promotion programs (WHPP) on SC rates conducted in 348 health professionals at 4 outpatient clinics in 12-months period. Average age of patients was 49±12. At first visit 94.8% were diagnosed with COPD GOLD II/III and 77.6%-with high blood cholesterol, of which 58.2% and 51%respectively were new findings(p<0,05). By the end of treatment SC rates in intervention group were 46.7% compared to 3.3% of controls(p<0,001). Increase of lung function was observed in intervention group compared with controls (p<0,01). Stress levels did not increase in 50% quitters and decreased in 35.7% cases. Among participants of WHPP after 12-months in intensive intervention settings (HE interventions+HP handouts) significant decrease of 17% of smoking rates was reached, in reference settings(only handouts given) no significant changes observed. Prevention of NCD requires systematic identification of smokers and provision of SC assistance at all levels of PHC. Workplaces are ideal settings for HP interventions. Intensive assisted SC interventions significantly increase success rates.