Abstract Group: 1.6. General Practice and Primary Care

Keyword 1: COPD - management Keyword 2: Smoking Keyword 3: Exacerbation

Title: Effects of the grippe vaccination, smoking cessation, and short acting beta agonist in COPD subjects

Dr. Bojan 7334 Janackov zsapg@t-home.mk MD ¹, Dr. Zoran 7335 Stojanovski zsapg@t-home.mk ² and Prof. Jordan 7336 Minov minovj@hotmail.com ³. ¹ Department for Labour Medicine, Health Center Skopje, Macedonia, The Former Yugoslav Republic of, 1000 ; ² Primary Health Care, MOH, Skopje, Macedonia, The Former Yugoslav Republic of, 1000 and ³ Functional Diagnostics, Institute for Labour Medicine, Skopje, Macedonia, The Former Yugoslav Republic of, 1000.

Body: Objective: To compare the efficacy of the seasonal grippe vaccination, smoking cessation and use of salbutamol in COPD patients. Material and methods: We performed a cross-sectional study including 147 patients with confirmed COPD according GOLD criteria. We evaluate the number of exacerbations and the number of hospitalisations. All were immunize against seasonal influenza, ex-tobacco users, and receive salbutamol on regular basis. An equal number of patients were evaluate like controls. They were also COPD patients, but didn't received grippe vaccination, active smokers and didn't use salbutamol according doctors recommendation. Evaluation period was 12 months. Results: In the examined subjects our results demonstrated 29,9% of exacerbations and 8,8% hospitalizations e.g. 41 versus 12 subjects. In the controls our article confirmed 74,5% exacerbations and 28,5 hospitalisations or 102 and 39 subjects respectively. The number of COPD exacerbations/hospitalisations were significantly higher (P < 0.05) in not immunized, smokers and patients who denied to receive regular therapy. Conclusion: Our results confirm that grippe vaccination, smoking cessation and regular therapy use, significantly decrease the number of exacerbations and hospitalisations in COPD patients.