Follow-Up Study Results of Patients of a Cigarette Cessation Clinic and Factors Affecting These Results

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Introduction

Each year, tobacco causes death of more than 5 million people. This number will exceed 8 million by 2030. Across the globe, one third of approximately 1.5 billion people who are smoking live in 10 countries, which involves Turkey (1). Smoking cessation clinics which are providing services for this purpose, and admissions to these clinics are increasing day by day. However, long term smoking cessation rates are unsatisfactory.

The aim of this research is to calculate success rates for the patients who admitted to smoking cessation outpatient clinic to determine the complicating and facilitating factors that are encountered during smoking cessation process.

Study Design

In this prospective cohort-type research, 114 patients who admitted to smoking cessation clinic were followed up for 6 months.

Methods

Patients' status of restarting smoking during follow-up was calculated based on even if smoking just a draw (slip) criterion and also the periods without smoking were evaluated. Factors complicating or facilitating the smoking cessation process were found.

Results

Five (5%) out of 100 participants who were included into the research and followed-up for whole period, stopped smoking at the end of month six. The periods without smoking for participants whose spouses do not smoke, who used treatment for 28 days and more, and whose type of treatment is varenicline were statistically significantly longer, while this period in bupropion users were statistically significantly shorter compared to other types of treatment. Also in multivariate analyses, non-smoker spouse, long treatment period, and varenicline use as treatment option were found to be factors positively affecting the smoking cessation success.

Conclusion

The average period without smoking for the participants in the first month found to be 12.8 days, have revealed that close follow-up of the patient in this early period is very critical in smoking cessation process. In addition to provision of proper treatment to patients, ensuring that the patient uses this treatment for a sufficient amount of time is also important in tobacco cessation process. Concomitant treatment of tobacco using partners or encouraging the non-smoker partner to actively participate in treatment process may increase the success rate of tobacco cessation.

1. WHO Report on the Global Tobacco Epidemic, Geneva: 2008.