

## PS1.177

### **One- year follow up of a smoking cessation program in a clinic of family medicine department in Izmir, Turkey**

*Vildan Mevsim(1), A Demirci(2), C Alkan(1), L Dogan(1), C Akkol(1)*

*(1) Family Medicine Department, Dokuz Eylul University Medical Faculty, Izmir, Turkey*

*(2) Bayrakli Community Healthcare Center, Izmir, Turkey*

*Corresponding author: Dr Leyla Dogan, Dokuz Eylul University Faculty of Medicine, Department of Family Medicine, Izmir, Turkey. E-mail: lylasl@hotmai.com*

**Background & Aim:** Cigarette smoking is an important-preventable health problem. in Turkey, 16 milion people are smoking and 100.000 people are dying from health problems caused by smoking. Assessment of smoking addiction, motivational interviewing, pharmacological and non-pharmacological therapies and follow-up are recommended for smoking cessation programmes. The aim of this study is the assessment of one-year follow up of a smoking cessation program of a clinic of family medicine department in university.

**Method:** 122 volunteer individuals who were administered to Dokuz Eylul University Faculty of Medicine, Smoking Cessation Clinic of Family Medicine Department between 1 March 2014 and 1 March 2015 were included in the study and asked the state of smoking cessation by phone. Data related to sociodemographic characteristics, addiction situations, cessation therapies and the ratio of non-smoking situations were obtained from their medical records.

**Results:** There are 122 patients that 49 (40.2%) were women and 73 (59.8%) were men. The mean age was 39,3 ( $\pm$ 13.5) years. The mean cigarette smoking was 21,4 ( $\pm$ 16.0, n=110) pack-year. 32.0% (n=41) of the individuals were high dependence on nicotine. As a therapy; 14.8% (n=18) used veranicline, 30,3% (n=37) used bupropion,1,6% (n=2) used bupropion+nicotine replacement therapy, 0,8% (n=1) used only nicotine replacement therapy and 4,9% (n=6) were gotten non-pharmacological therapy(motivational interviewing and cognitive behavioral therapy). After one-year follow up, 22.1% (n=27) of the sample were not smoking whereas 73,8% (n=90) continued smoking.

**Conclusions:** As a result of this study, new strategies are generated for smoking cessation program.