

Smoking Cessation in Post-Hospitalisation Cardiac Rehabilitation

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INTRODUCTION

Smoking is a significant modifiable risk factor for cardiovascular disease.¹ Pharmacists as part of the healthcare team can play a pivotal role in smoking cessation services incorporating pharmacotherapy with counselling.²

AIM

To develop a pharmacist-led smoking cessation intervention in post-hospitalisation cardiac rehabilitation (CR)

METHOD

- Active smokers and those who quit following cardiac event attending the initial assessment session (t=1) of the current CR programme were recruited
- An educational smoking cessation intervention using 18 flashcards was implemented, patients were counselled on the posology of smoking cessation pharmacotherapy suggested by the CR nurses, and were provided with pamphlets from the 'Health Promotion & Disease Prevention Directorate'
- Patients were followed-up via telephone after 3 months (t=2) and 6 months (t=3)

RESULTS

- 24 patients were enrolled (13 active smokers, 11 quit following cardiac event)
- 19 male, 5 female; mean age 56 (range 33-75) years
- Majority of patients (n=17) were diagnosed with acute coronary syndrome and 16 patients underwent percutaneous coronary intervention
- 8 smokers accepted to receive smoking cessation pharmacotherapy (Figure 1)

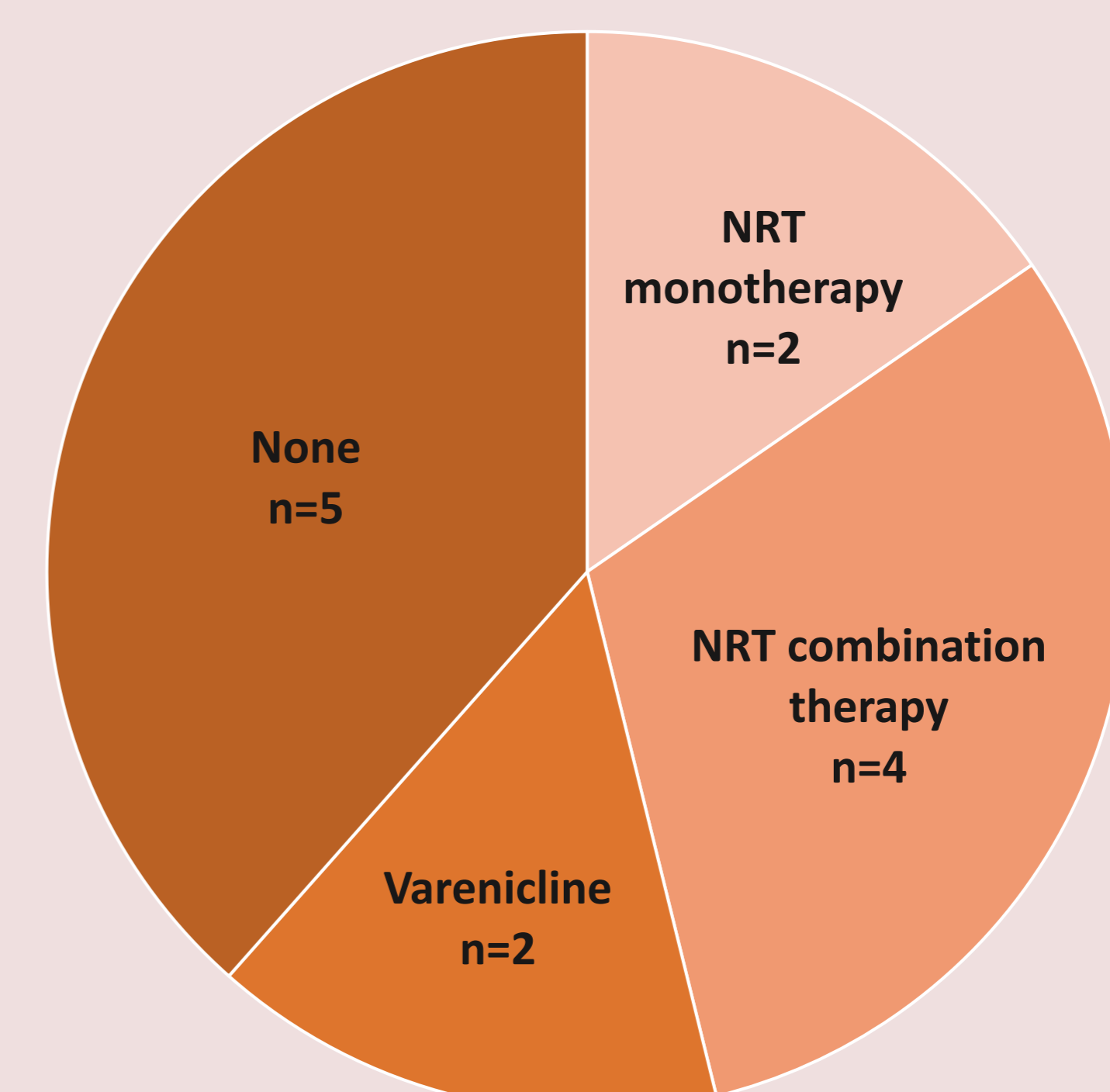


Figure 1: Smoking cessation pharmacotherapy suggested to active smokers at t=1 (N=13)

Table 1: Smoking status at 3- and 6-month follow-up (N=24)

Stopped smoking at cardiac event (n=11)				
Time point	Relapsed	Abstinent	Did not answer	
3 months (t=2)	4	6	1	
6 months (t=3)				
Active smokers (n=13)				
Time point	Increased daily cigarette consumption	Decreased daily cigarette consumption	Maintained same daily cigarette consumption	Quit smoking
3 months (t=2)	1	8	1	3
6 months (t=3)	4	2	3	4

CONCLUSION

The developed smoking cessation patient intervention provided at initial assessment (mean duration 15 minutes) and the telephone follow-ups are interventions to complement the present service and support patients to stop smoking. A multidisciplinary approach with a pharmacist contribution to focus on smoking cessation is required to overcome the challenge to convince patients to quit smoking.

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