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Title: Smoking cessation service in a citizen hospital - a two year evaluation 2010 - 2011

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Body: Background: The citizen hospital Solothurn is a smoke-free health center since 1999. A smoking cessation service (scs) is available since then. We report on our activity 2010-2011. Methods: behavioural and pharmacologic counselling for in- and outpatients (inpts/outpts) as well as for employees by a MD and a counsellor specially trained in smoking cessation. Evaluation of all smokers receiving counselling 2010-2011 by phone call in July 2012. Results: 182 smokers were treated (54% men; 70% outpts). Mean age 53 years(18-81, SD12.6); 43 pack years(3-180, SD31.2). Fagerström Test for Nicotine Dependence (0 low-10 high): 5.5 (SD 2.3). 447 interventions overall - mean number of interventions outpts/inpts: 2.71(SD1.73) / 1.85(SD1.38) respectively with 64% of pts having 1-2 sessions and 36% of pts having 3 or more sessions. Interventions consisted of counselling alone (49% of pts), NRT (overall 35% - inpts 43%, outpts 32%), Varenicline (16% - almost only outpts). In July 2012 37/138 pts (27%) were smoke-free for more than one year. 67/130 persistent smokers (51%) stopped smoking temporarily. 75/130 persistent smokers (58%) reported a transient reduction of cigarettes smoked. Pts' ratings of our scs were "very helpful" (42%), "helpful" (35%), "little helpful" (20%) and "not helpful" (3%). 87% of pts would recommend our scs to others. Conclusion: Our scs had substantial impact on smokers and prompted a considerable number of them to stop smoking either definitively (27%) or temporarily (51%) or to reduce the number of cigarettes smoked (58%). Using more NRT and having more sessions could possibly increase the number of quitters. Our scs was very much appreciated: 77% of pts rated it as helpful or very helpful.