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Title: Effective use of teachable moment, for tobacco cessation, at coronary care unit

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Body: Background: Tobacco Cessation after Acute Coronary Syndrome(ACS) is associated with a significant reduction in mortality,so quitting tobacco advice at this moment can be beneficial. Objective: To determine the effectiveness of tobacco cessation advice, in patients admitted with chest pain,at coronary care unit(CCU). Methodology: This study was conducted from jan 2008 - june 2009, at CCU,Khyber Teaching Hospital, among tobacco user patients who were admitted with chest pain.Participants who expressed interest in quitting tobacco had received tobacco cessation advice, which consisted of onsite counseling plus up to three follow up booster session at 1,3&6months in cardiology OPD.Main outcome measures in the form of continous abstinence at 1,3,6months determined by self reporting. Result: Total of 1165 patients were presented with chest pain &469 were found to be tobacco user &willing toparticipate.84% were male &15% were female. Niswar addict were 31%,26% were cigarette smokers, 15% were passive smokers &26% used both.Out of tobacco users,40,26 & 19% patients had acute myocardial infaraction(MI),Unstable Angina(UAP)& NonSTelevation MI (NSTEMI) whereas rest of 14% patients had other diagnosis. All 469 patients had received tobacco quit advice during there stay in CCU. After discharge these were followed at 1,3 &6 months in OPD. At end of study, 26% participants maintained complete abstinence from tobacco use, 34% had lost to follow up, 21% had reduced tobacco use but 20% countinue with tobacco use in different forms. Conclusion: Coronary Care Unit setting can be used as an effective teachable moment for tobacco cessation, provided repeated councelling at follow-up visits.