

Impact of a program to promote smoking intervention in mental health wards and after discharge [The PDT-sm program]

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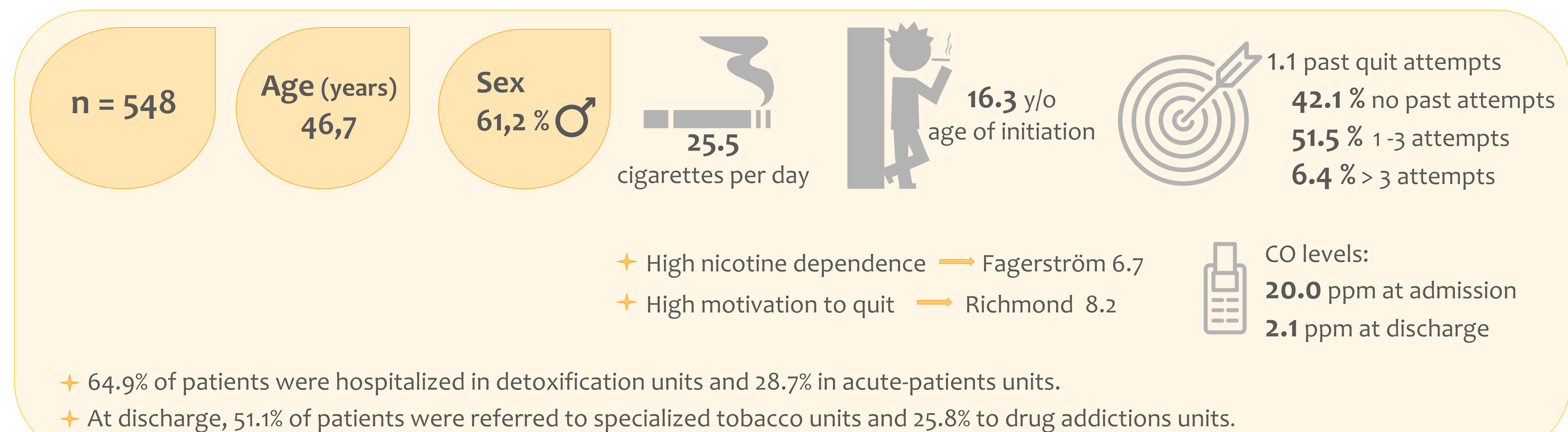
Objectives

The aim of the PDT-sm program is (a) to help maintain psychiatric patients' abstinence after a hospital stay, and (b) to promote the coordination between hospital and outpatient units at discharge.

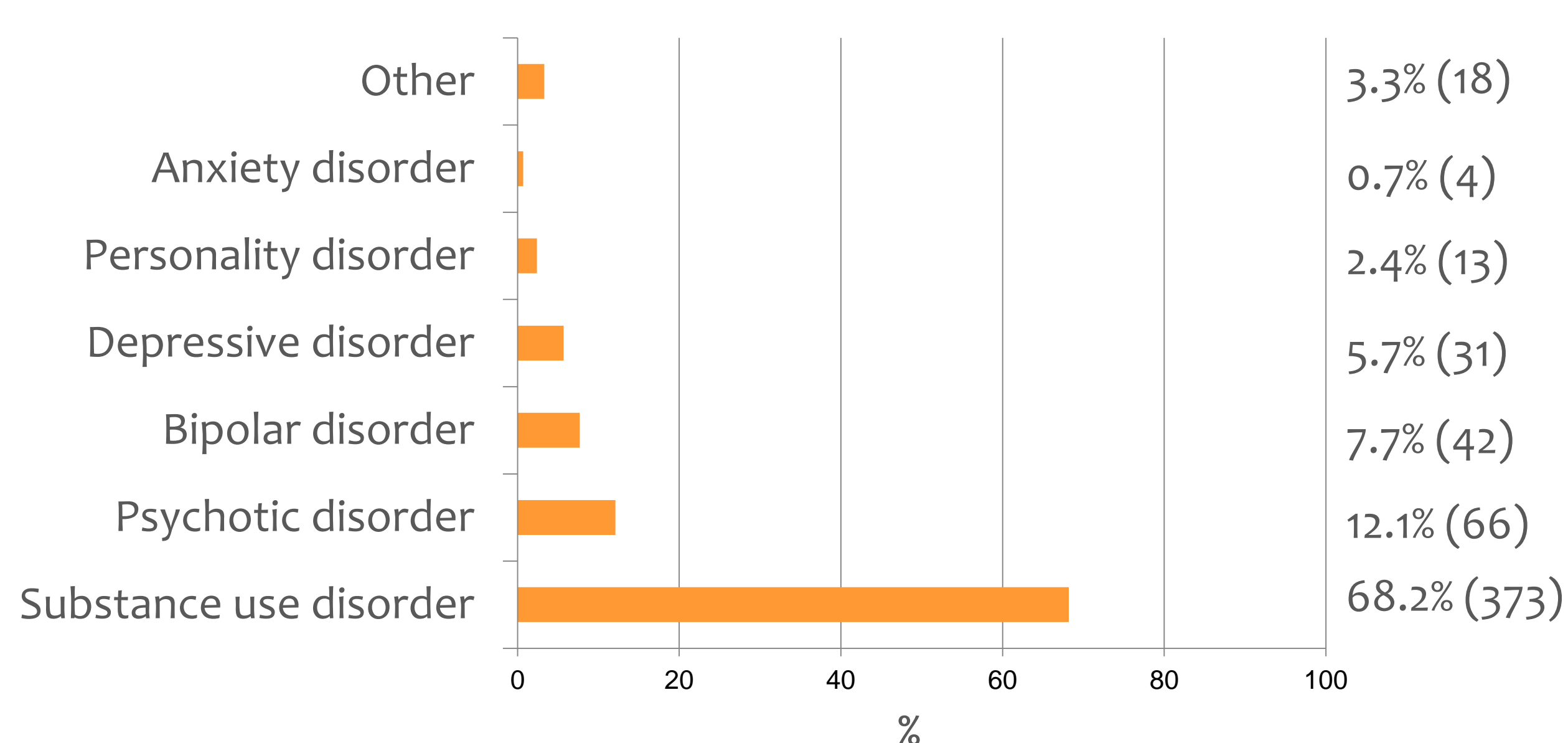
Methods

- Twelve hospitals of the Catalan Network of Smoke-Free Hospitals (Spain) participated in the program elaborating a protocol of smoking cessation intervention during hospital stay and its continuity after discharge.
- Smoking cessation intervention had to be followed up and registered for 1 year.
- All patients in the program were offered free pharmacological treatment for smoking cessation after discharge (NRT, varenicline or bupropion), provided by the Catalan Ministry of Health.
- Smoking cessation was verified with carboxymetry (CO).

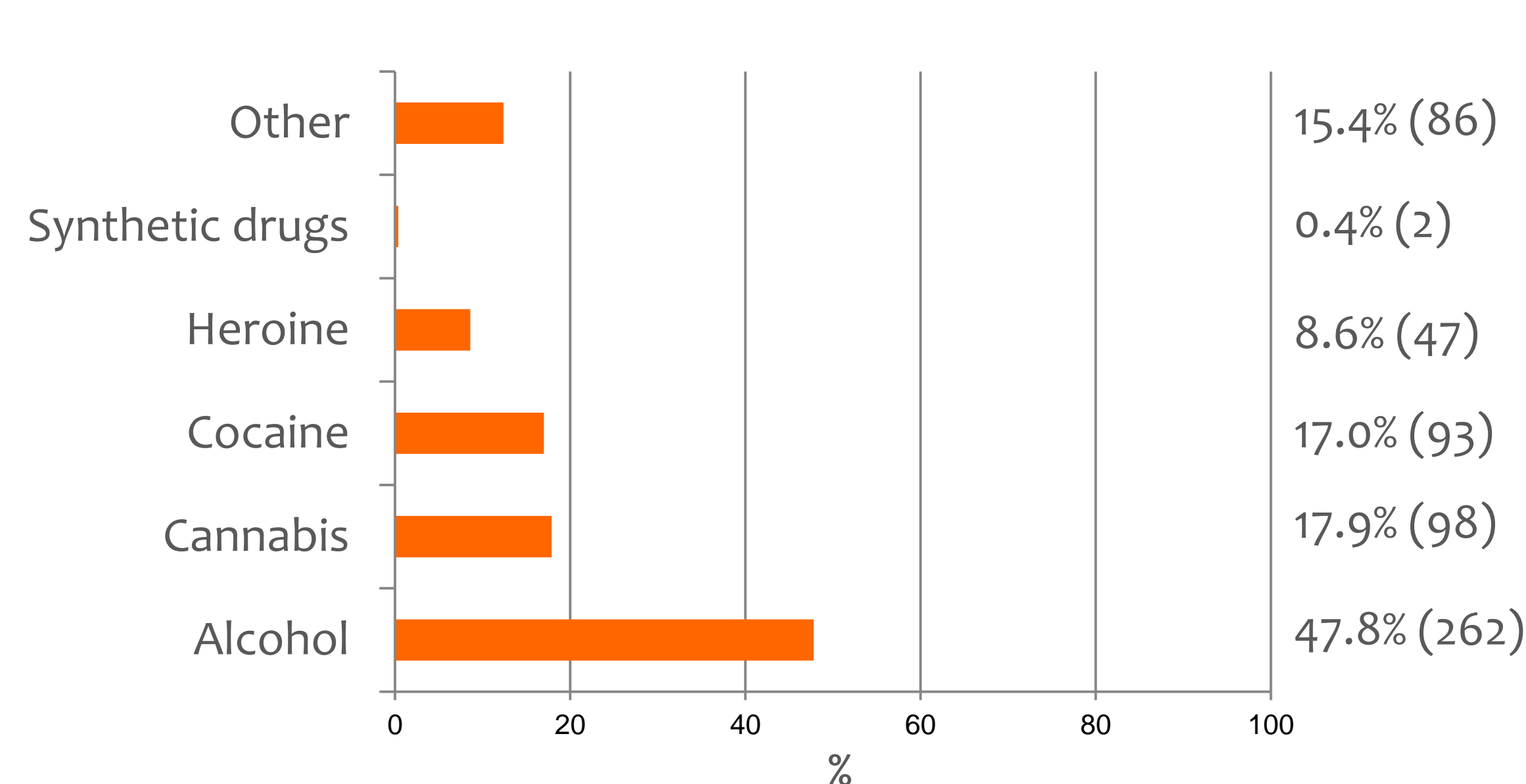
Results



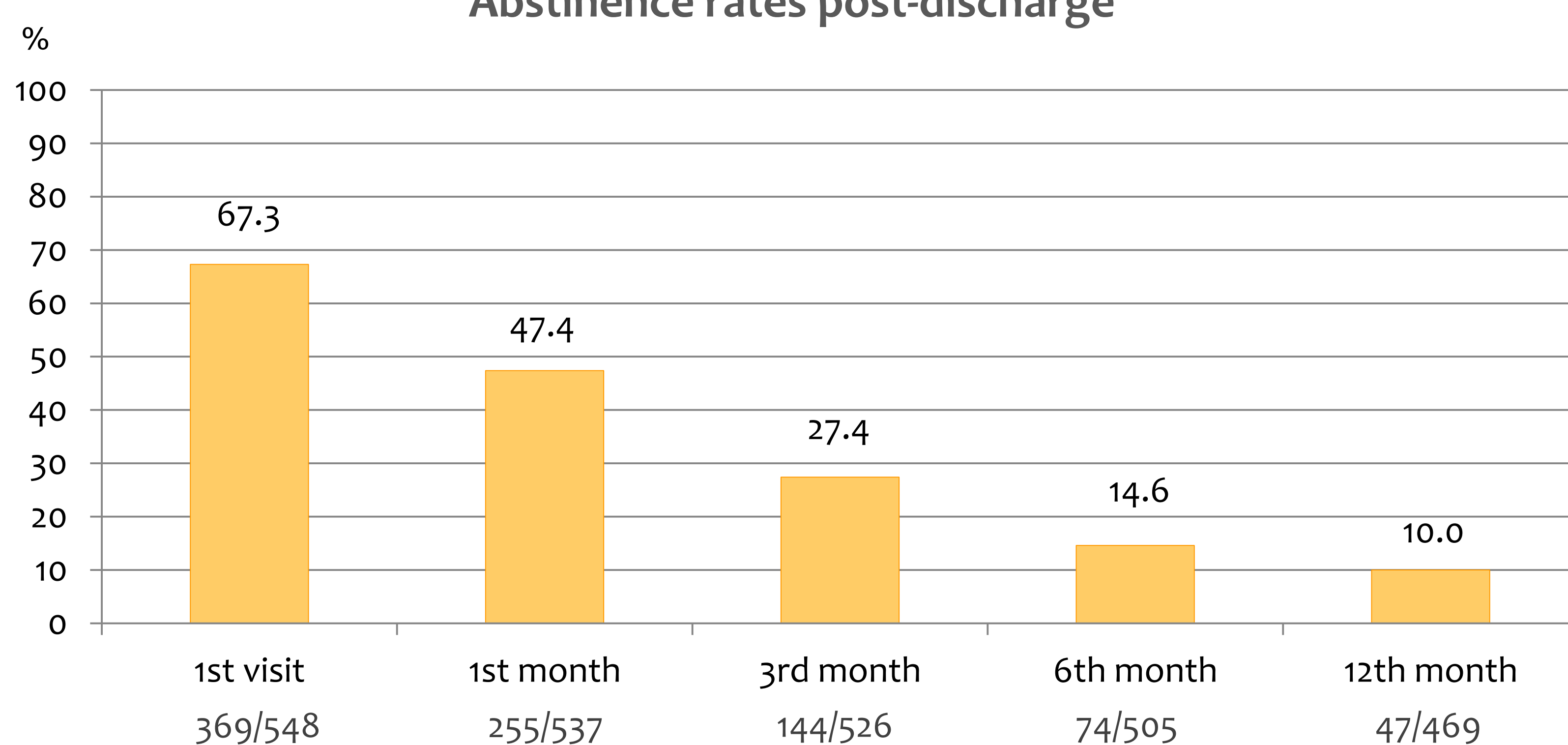
Main psychiatric diagnostic



Consumption of other substances



Abstinence rates post-discharge



• Professionals referred that smoking cessation intervention and the number of professionals involved increased in 80% of the participant hospitals.

• Systematic referral to outpatient units was achieved in 80% of the hospitals.

Conclusions

- Smoking cessation after discharge from a mental health ward is plausible (10% abstinence at 1 year of follow up).
- The PDT-sm program has prompted smoking cessation interventions during hospital stay and referrals at discharge with acceptable cessation rates; and has increased the number of professionals involved.