441. Tobacco comorbidity

P4070
To assess the effect of smoking on cardiovascular system
Anupama Gupta1, Sushma Sood1, Rajesh Gupta2, Joshil Behra3, 1Physiology, Pt BD Sharma PGIMS, Rohtak, Haryana, India; 2TB & Respiratory Medicine, Pt BD Sharma PGIMS, Rohtak, Haryana, India

Background: Smoking alters autonomic functions and increases adrenergic activity that predisposes to cardiovascular morbidity and mortality. Heart rate variability (HRV) is a measurement of autonomic activity.

Method: Study included 60 subject in total, of which 30(Test group-A) were chronic smokers with history of at least 10 year packs and 30(Group-B) non smoker controls. The HRV was recorded in the supine posture in relaxed state.

We recorded the frequency domain analysis [low frequency domain (LF), high frequency domain (HF) and LF/HF ratio] for which five minute recordings were taken and data was generated by the Polyrite D system.

Aim: To evaluate of parameters of spiroergometry at smoking and non-smoking patients.

Materials and methods: 47 patients were examined (20-were smoking (an index of smoking 15 packs/year), 27-non-smokers). The mean age of the first group was 42,6±7,4 years and second, 40,0±7,6 years, p<0,05. The next parameters of a spiroergometry were studied. Heart rates (HR), Sistolic blood pressure, Diastolic blood pressure, VO2peak, VCO2peak, V̇Epeak, O2-puls, EQCO2, PET CO2rest.

Results: Characteristics of parameters of spiroergometry at smoking and non-smoking patients.

Table 1

<table>
<thead>
<tr>
<th>Parameters</th>
<th>Smokers (n=20)</th>
<th>Non-smokers (n=20)</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>HR rest</td>
<td>76,0±12,1</td>
<td>75,7±12,6</td>
<td>&gt;0,05</td>
</tr>
<tr>
<td>HR maximum</td>
<td>145,1±18,9</td>
<td>155,4±13,6</td>
<td>0,04</td>
</tr>
<tr>
<td>HR 5 min of rest</td>
<td>111,5±15,4</td>
<td>104,6±16,8</td>
<td>0,007</td>
</tr>
<tr>
<td>Sistolic blood pressure rest</td>
<td>114,6±12,9</td>
<td>106,9±12,9</td>
<td>0,04</td>
</tr>
<tr>
<td>Sistolic blood pressure maximum</td>
<td>178,8±22,3</td>
<td>167,8±29,3</td>
<td>&gt;0,05</td>
</tr>
<tr>
<td>Sistolic blood pressure 5 min of rest</td>
<td>111,1±33,8</td>
<td>105,9±33,9</td>
<td>&gt;0,05</td>
</tr>
<tr>
<td>Diastolic blood pressure rest</td>
<td>86,1±9,5</td>
<td>83,6±9,5</td>
<td>&gt;0,05</td>
</tr>
<tr>
<td>Diastolic blood pressure maximum</td>
<td>109,9±12,6</td>
<td>100,9±14,2</td>
<td>0,052</td>
</tr>
<tr>
<td>Diastolic blood pressure 5 min of rest</td>
<td>88,2±10,5</td>
<td>79,9±11,1</td>
<td>0,006</td>
</tr>
<tr>
<td>Load maximum</td>
<td>113,8±27,5</td>
<td>120,4±27,8</td>
<td>&gt;0,05</td>
</tr>
<tr>
<td>VO2peak</td>
<td>117±3,6</td>
<td>13±3,3</td>
<td>&gt;0,05</td>
</tr>
<tr>
<td>VCO2peak</td>
<td>12,3±4,1</td>
<td>14,0±3,5</td>
<td>&gt;0,05</td>
</tr>
<tr>
<td>V̇Epeak</td>
<td>543±208,8</td>
<td>661±178,0</td>
<td>0,031</td>
</tr>
<tr>
<td>O2-puls</td>
<td>6,5±2,6</td>
<td>6,1±1,6</td>
<td>&gt;0,05</td>
</tr>
<tr>
<td>EQCO2</td>
<td>43±6,6</td>
<td>45±6,4</td>
<td>&gt;0,05</td>
</tr>
<tr>
<td>PET CO2rest</td>
<td>28±3,1</td>
<td>28±2,4</td>
<td>&gt;0,05</td>
</tr>
</tbody>
</table>

Conclusions: The smoking patients had higher indicators of HR on 5 minute of rest, sistolic blood pressure of rest diastolic blood pressure upon the maximum loading and on 5 min of rest than non-smokers.

P4072
Spiroergometry among smoking and non-smoking patients
Tatiana Levy1, Julia Krasnova2, 1Therapy, Academy of Advanced Medical Studies, Irkutsk, Russian Federation; 2Gerontology, Academy of Advanced Medical Studies, Irkutsk, Russian Federation

Aim: To assess the effect of smoking on cardiovascular system.

Method: Study included 60 subject in total, of which 30(Test group-A) were chronic smokers with history of at least 10 pack years and 30(Group-B) non smoker controls. The HRV was recorded in the supine posture in relaxed state. We recorded the frequency domain analysis [low frequency domain (LF), high frequency domain (HF) and LF/HF ratio] for which five minute recordings were taken and data was generated by the Polyrite D system.

Conclusions: Study of heart rate variability in smokers clearly indicates that cardiac autonomic functions are affected due to smoking, which increases with number of pack years. So the HRV determination should be included in routine investigations to access the severity of cardiac involvement in chronic smokers.
The influence of active and former smoking on the amount and quality of sleep in an obstructive sleep apnea (OSA) population versus habitual snorers
Ganna-Claudia Delcelea1, Diana Pocora2, Ruxandra Ulmeanu1, Stefan Mihacuta3, Florin-Dumitru Mihalant1. 1Institute of Pneumology “Marius Nasta”, University of Medicine and Pharmacy “Carol Davila”, Bucharest, Romania; 2Institute of Pneumology “Marius Nasta”, Bucharest, Romania; 3Institute of Pneumology “Marius Nasta”, Faculty of Medicine and Pharmacy, Oradea University, Bucharest, Romania; 4Clinical Hospital of Infectology and Pneumology “Victor Babes”, Timisoara, Romania

Purpose: Data regarding smoking-OSA relationship and sleep quality are inconsistent; studies are small, without adjustment for confounders (comorbidities, dependencies). Is known that acute withdrawal of nicotine causes sleep alteration, without dose-effect relationship.

Objective: We analyzed effects of smoking and smoking status on sleep in 2 groups (OSA and habitual snorers) comparable regarding comorbidities and dependencies.

Results: We analyzed 71 OSA patients (18% women, 82% men) successfully CPAP titrated (other pathologies excluded: 25/35% nonsmokers, 19/27% active smokers (YP=21±5.23, Fagerstrom=3.5±2.11, 27/38% ex-smokers (YP=25.9±18.8); mean values: age=54.3±13 years, Epworth=8.2±5.3; total sleep time=5.6±2.9h, arousal index=27±23.7h, AHI=38.1±35.6h). We compared OSA active smokers with control group of 11 active smokers (2 women, 9 men, age=41.1±11.7 years, Epworth=4.09±3.6, YP=23.2±22.5, Fagerstrom =4.6±2.3, total sleep time=4.7±2.3h, arousal index=15.8±6.11h). OSA smokers sleep quality is affected vs non-smokers (mores arousals, p=0.02). There was no difference in total sleep time, efficiency, sleep latency, sleep stages or OSA severity (except worse nocturnal hypoxemia in active smokers: r= 0.49, p=0.03); no differences between active smokers and ex-smokers. YP index correlates with arousal index, but doesn’t correlate with nicotine dependence.

Conclusion: Smoking intensity and sleep quality (arousal index) correlated, unrelied time, efficiency, sleep latency, sleep stages or OSA severity (except worse nocturnal hypoxemia in active smokers: r= 0.49, p=0.03); no differences between active smokers and ex-smokers. YP index correlates with arousal index, but doesn’t correlate with nicotine dependence.

P4076
Comorbidity by smokers – A cumulative effect of exogen and endogen factors
Zlatka Iankova1, Rositsa Ivancheva1, Filip Scepe1, Vanya Younovska2
1Palmonology, Medical University, Plovdiv, Bulgaria; 2Palmonology, Medical University, Sofia, Bulgaria

This work is an analysis of our studies and literary data about a cumulative effect of tobacco smoke and another risk factors and comorbidity. There is investigated the connection between COPD and COPD and lung cancer (COPD + Ca)

A. Clinically There are follow up 120 smokers with COPD + Ca, 181 smokers with COPD, 50 with lung cancer and 50 health smokers (control group). We proved that: The number of smoked cigarettes (p = 0.009) and air politation at work environment (exogen factors) are more risky about COPD + Ca than early beginning of tobacco smoke (p = 0.82). Predisposition about Ca is more risky than another diseases in family (14.17%). Smokers with COPD + Ca and COPD more often have cardiovascular and metabolic diseases than this with lung cancer and control group. Predisposition in family about cardiovascular and metabolic diseases exceed the interval – 2 – 4%, established with the control group and the group with lung cancer.

B. Experimental. There is investigated lung and bone marrow in rats, treated with tobacco smoke for 30 days. We found a centrounacular emphysema with predominant destruction by massive expansion and bronchiolitis. The microcervices (erythrocites without nuclear chromatin) are significant higher compared with the control group (4.35±0.51;58±0.33). This results showed that in conjunction with local lungs changes occur systemic effects (clastogenesis as a result of cytotoxic effect).

Conclusion: The comorbidity in relationship with tobacco smoke is related with a cumulative effect of exogen and endogen factors. There are necessary profound analysis to prove of relatedness with cumulative effect of exogen and endogen factors comorbidity.

P4077
High environmental tobacco smoke and other air pollutants exposure in patients with allergic rhinitis non smokers
Dragica Pesalj1, Ljudmila Nagorna-Obrazac1,2, Biljana Savic3, Jasmina Mark-Zivkovic1, Sanja Radjenovic1, Aleksandra Peric-Popadic1,2
1Internal Medicine, School of Medicine University of Belgrade, Serbia; 2Teaching Hospital of Lung Diseases, Clinical Centre of Serbia, Belgrade, Serbia; 3Teaching Hospital of Allergology and Immunology, Clinical Centre of Serbia, Belgrade, Serbia

Background: Chronic exposure to cigarette smoke inhibits surface immunoglobulin-mediated responses in B cells. Immunomodulatory effects of cigarette smoke are evidence based and the effects of environmental tobacco smoke (ETS) on immune system are in focus of current research. Aim: Aim of the study is to evaluate the smoking cessation rate in patients with psychiatric diseases.

Methods: In this observational questionnaire based study successive series of Pts treated for AR at two tertiary level health care facilities in Belgrade, Serbia, was enrolled from January 2010 to December 2011, and valid questionnaires were analyzed for Pts' demographic and social data, and tobacco smoking status. Results: Study group consisted of 182 Pts average age: 36.2±12.5; male/female ratio: 0.75. Tobacco smoking status analysis showed: 12.6% current smokers, 15.4% former smokers, and 136/184 (72%) Pts non smokers. About two thirds of the ‘non smokers’ have been exposed to ETS while 166/182 (91.2%) Pts have been exposed to both tobacco smoke ingredients (at home and/or at working place), and to the other air pollution. Conclusion: High proportion of AR Pts is exposed to tobacco smoke and/or the other environmental pollution, which might present a serious problem and challenge for further research in the field of immunomodulation.

P4078
Effectiveness of smoking cessation in patients with psychiatric disease
Zeynep Fincal Östen, Elif Sen, Banu Ers Gölbüy, Figen Akın Kahababa, Ömer Akıncı Yıldız, Fatih Scepe, Engin Sarı, Guleren Karabulut
Chest Disease, Ankara University School of Medicine, Ankara, Turkey

Background: Smoking cessation treatment is considered to be less effective in patients with psychiatric diseases. Aim: To evaluate the smoking cessation rate in patients with psychiatric diseases, the effectiveness of the different treatment modalities and to demonstrate the discrepancies from other patients.

Methods: From a total number of 609 active smokers; 52 with psychiatric diseases (most distinctive concomitant condition was depression) were prospectively evaluated between 2004 and 2010. Each patient answers the same questionnaire including smoking status and medical background. Nicotine dependence and CO
levels were evaluated. Smoking cessation program was administered individually according to the guidelines and all of the patients were followed at least 1 year.

Results: There was no difference between the groups in: age, baseline Fagerstrom nicotine addiction score, exhaled carbon monoxide level and treatment protocols. However, total amount of smoked tobacco (27.8±2.1 pack-year) and cigarette consumption per day (21.1±0.1) was higher in patients with psychiatric diseases (p<0.001 for all). The cessation rates with or without psychiatric diseases are respectively 44.2% and 55.6%. Effectiveness of treatment modalities are 44.4% for nicotine replacement treatment (NRT), 75% for bupropion, 25% for varenicline and 53.3% for behavioral treatment without pharmacotherapy in psychiatric diseases.

Conclusion: According to our results, one year smoking cessation success was lower in psychiatric diseases. Pharmacotherapy is superior to pure behavioral treatment. Bupropion and varenicline seems to be more effective than NRT at relapse rates.

P4079
Searching for CHRNA3, CHRNA4, CHRNA5, and CHRNB4 genes polymorphisms influencing nicotine dependence in the ethnic population of Kashubians, North Poland

Alicja Sieminska, Karolina Kita, Beata Wajda, Lucyna Gorska, Ewa Jassem

Dept. of Allergology and Pneumology, Medical University of Gdańsk, Poland

Genome wide association studies showed that genes encoding nicotinic receptor CHRN subunits might be potentially involved in the pathogenesis of nicotine dependence. We aimed to investigate whether polymorphisms in the sites rs12914008, rs16969968, rs2226196, rs578776, rs7443870 of CHRNA3, CHRNA4, CHRNA5, and CHRNB4 genes influenced nicotine dependence. The survey was conducted in closed, ethnically homogenous population of Kashubians. The study sample consisted of 455 unrelated subjects, daily or occasional smokers. Several variables of smoking habit were recorded, and the nicotine dependence was scored with the use the Fagerstrom Test for Nicotine Dependence (FTND). Genotyping was performed in blood samples, and genotypes were correlated with the severity of nicotine dependence with the use of multivariate logistic regression analysis.

Results: Distributions of genotypes for all polymorphisms did not deviate from expectations predicted by the Hardy-Weinberg equilibrium. We found that A allele carriers of rs16969968 polymorphism had higher risk of heavier smoking, i.e. 10 or more cigarettes per day, than G allele carriers (OR = 1.54; 95% CI: 1.00-2.35). In the separate analysis, performed in the group of subjects with the history of smoking shorter than 5 years, higher risk of a stronger nicotine dependence (i.e. FTND score 4 or more) in A allele carriers of rs12914008 polymorphism than in G allele carriers was found (OR = 14.96; 95% CI: 1.42-158.0).

Conclusion: Polymorphisms in the sites rs16969968 and rs578776 of CHRNA5 and CHRNA3 subunits genes may influence the severity of nicotine dependence.

P4080
Relationship between early exposure to tobacco smoke and intima media thickness (IMT) in COPD patients

Akinesi Ebihar1, Akhunm Watanabe1, Asuka Nagai1, Takayuki Nakano2, Tokaen Iwahara1, Ichiro Kawaihira1,1.Pulmonary Medicine, Tokai University, Tokyo Hospital, Tokyo, Japan; 2General Thoracic Surgery, Tokai University Tokyo Hospital, Tokyo, Japan; 3Medicine, Erismo Town Clinic, Hokkaido, Japan

(Background) We have previously reported at the 2011 ERS Annual Congress that early exposure to tobacco smoke significantly increased the prevalence of COPD. As a follow up, we hypothesize that COPD from early exposure to smoke may cause an increase of IMT that correlates with the increase in the prevalence of smoke-related vascular comorbidities. (Methods) We identified potential subjects into three groups (G1) history of COPD and early exposure, (G2) history of COPD and non-early exposure, and G3 subjects without COPD and analyzed the measurements. IMT. IMT were measured using the longitudinal axis of the common carotid arteries from ultrasound. We defined early exposure as when habitual smoking started before age of 20. (Results) A total of 152 subjects (72±10 years old, 52) were enrolled into the study after informed consents were obtained. G1, G2, and G3 consisted of 41 subjects (age 68.6±9 yrs), 80 subjects (71.1±11), and 31 subjects (69±10) respectively. Maximum value of IMT in G1 was 1.34±0.12mm,G2 was 1.23±0.13, and G3 was 1.12±0.16. Groups with history of COPD had higher maximum value of IMT when compared with group without COPD. Furthermore, G1 demonstrated higher value when compared with G2, suggesting early exposure to smoke as possible etiology within subjects with COPD. (Conclusion) In subjects with COPD, early exposure promoted atherosclerotic changes, which may increase the likelihood of smoke-related vascular comorbidities such as cardiovascular and cerebrovascular diseases. Further studies are needed to elucidate the precise magnitude of the increase in risk of these comorbidities associated with COPD and early exposure.

P4081
Features of pregnancy duration & outcomes in asthmatic pregnancies due to their smoking status

Olga Lavrova1, Olga Sukhovskaia1, Anna Piskyova1, Maria Petrova1, Elena Shapovalova2, 1Scientific Research Pulmonology institute, Pavlov’s State Medical University, Saint-Petersburg, Russian Federation; 2Pregnancy Pathology, Scientific Research Institute of Obstetrics & Gynecology n.a. D.O. Ort BASF, Saint-Petersburg, Russian Federation

Prevalence. Asthma is the most common respiratory disease in pregnant. Combined influence of asthma and smoking on pregnancy duration as well as newborn’s health appears not to be completely studied. The goal of the study was to investigate influence of intensity and severity of smoking in asthmatic patients to variety of pregnancy complications and newborn health status.

Materials and methods: 643 pregnancies with asthma and their kids were studied. Results: 50.9% of studied females never smoked, 49.1% smoke before or during pregnancy. Among latter females 19.3% stopped smoking before pregnancy (1 group), 54.1%— interrupted smoking while pregnancy(2 group) but 26.6% continued smoking while pregnancy (3 group). Risk of abortion or premature delivery was more frequent in pregnancies with more than 10 years smoking experience in comparison with less than 9 years smoking experience 77.8% versus 43.2% (p<0.01). Arterial hypertension was more frequent in females of the 2 group (47.9%), than in patients of the 1 group (26.4%) (p<0.01). In the 3rd group hypertension had twice prevalence in case of ICS therapy reject (42,3% and 20% resp.). Pregnants of the 2nd (26,9%) and the 3rd (32,1%) groups increased need of Cesarean section in comparison with the 1st group (11,5%) (p<0.01). The amount of newborns with weight<2500g from females of the 3 group was 20,2%, the newborns of the 2 group - 9,3%. Food allergy in the first year kids was less frequent in kids of the 1st group (19,4%), in active smokers’ newborns - 38,4% (p<0.01).

Conclusions: Asthmatic patients are to stop smoking before pregnancy onset in order to decrease pregnancy complications and to increase newborn health status.

P4082
Interest in hospitalized patients at the department of pulmonary diseases in smoking cessation

Nada Lazovic, Julijana Antonovic, Tanja Subotbic, Ika Pesic Department for Smoking Cessation, Hospital, Cacak, Serbia Department for Pulmonary Diseases, Hospital, Cacak, Serbia Department for Primary Care, Medical Centre, Cacak, Serbia Department for Smoking Cessation, Clinical Centre, Belgrade, Serbia

Objectives: Study evaluates the results of smoking cessation,SC patients, who were hospital treated and whether have been certain diseases a motive strong enough to SC.

Methods: Patients were at first valued with profile of tobacco use, Tobacco dependence test and Motivational interviewPatients were, according to their diagnoses, divided into 6 groups (TB,Ca,Asthma,COPD,Ac. resp. dis., Cardiovascular dis.). Methods we used for quit smoke were 1. methods of short intervention and 2. program of change behavior for smoking cessation including pharmacological therapy too. One year after, we evaluated the results.

Results: The treatment was done on the 451 patient-smoker: Tb-62, Ca-90, Ac-Cma-2, COPD-102, Ac. resp. dis.-146, Cardiovascular dis.-16. Short intervention accepted 382 (85%) of them, 26.4% stopped smoking, 42.2% reduced smoking. Evaluated by diagnoses, after a year of monitoring patients, 23 with Tb (25,0%), 16 with Ca (17.39), 2 with Asthma (2.17%), 30 COPD (32,6%) and 21 patient with Ac. pulm. dis. (22,8%) quit smoking. Patients 4 were on pharmacological therapy too. One year after, we evaluated the results.

Conclusions: It was expected that a bigger number of patients with Cancer would quit smoking, but from our results it is seen that smoking was associated with the illness mostly by the patients suffering from Tb (37%) and significantly less by the patients suffering from Asthma, COPD and Ac. resp. dis. Patients with Cardiovascular dis. weren’t interested in quit smoking, probably because they spent less days in hospital.

P4083
Evaluation of the relationship between intention to quit and not smoking at home

Vahid Messagi1, Ali Abdolshahin 1, Mohammadreza Masjedi1, 1Research Unit, Department Anti-Tobacco Association, Tehran, Islamic Republic of Iran; 2Chronic Respiratory Disease Research Center, National Research Institute of Tuberculosis and Lung Disease, Tehran, Islamic Republic of Iran

Objective: This study aimed at evaluating the correlation between not smoking at home and intention to quit.

Methods: This descriptive cross-sectional study was carried out in Tehran in 2011, on 2,020 smokers. Information were collected by interviewers through a standardized questionnaire such as age of smoking onset, daily rate of smoking, price of cigarettes, using labeled or non-labeled tobacco products, history of quit attempts, cessation intention, water-pipe consumption, and knowledge about anti-tobacco laws.

754s

Abstract printing supported by Chiesi Visit Chiesi at Stand B2.10

TUESDAY, SEPTEMBER 4TH 2012

Halle A-35 - 12:50 - 14:40

754s

Abstract printing supported by Chiesi Visit Chiesi at Stand B2.10

TUESDAY, SEPTEMBER 4TH 2012

Halle A-35 - 12:50 - 14:40
Findings: In our sample (2020 smokers), the mean number of cigarettes smoked daily was 14.4±10.9. This figure was 15.4±11.0 in married people and 12.6±10.5 in singles. A total of 433 (21.4%) smokers had adequate knowledge about anti- tobacco laws. In addition, 1,081 (53.5%) smokers had history of quit attempts and 729 (46.1%) reported water-pipe consumption. Rate of water-pipe consumption among singles was twice the rate in married individuals. Among our undergraduate subjects, 673 (33.3%) responded smoking at home; of which, 355 (52.7%) expressed their intention for quitting smoking. Meanwhile, out of 1,330 (65.8%) smokers who did not smoke at home, 834 (62.7%) stated that they would like to quit smoking.

Discussion: As this study and some other studies have shown, restrictions on tobacco smoking at home can motivate smokers to quit smoking. Family has a considerable role in increasing the intention of its members for smoking cessation and not smoking at home. Family members can have a positive role in encouraging other members to quit smoking or sustain their abstinence.

P4084 Mapping the tobacco retailers in Edirne, Turkey
Celal Karlikaya1, Huseyin Inc, Nurcan Ozkan1, 2; Chest Diseases, Trakya University. Faculty of Medicine, Edirne, Turkey; 2Architectural and City Planning, University Edirne Technical Sciences Vocational School, Edirne, Turkey; 1Primary Education Department, Trakya University Faculty of Education, Edirne, Turkey

Objectives: Youth smoking rate is on the rise in Turkey. Although many marketing bans have been effectively implemented, regulations related to retail tobacco outlets have gone unnoticed and have not been effectively supervised. In this study, we aim to manifest that a lack of legal regulation related to the high retail tobacco outlet density with displays.

Methods: In the center of Edirne, marketing environment, numbers and geographical distribution of retail tobacco outlets are documented and mapped with geographical information systems.

Results: There were 569 retail tobacco points of sale in 520 stores. We calculated one tobacco outlet per 270 people. This retail outlet density rate is above the national average and about four times higher than in Istanbul. Products especially attracting children, such as chocolates, sweet candies and chewing gums were set up near to the tobacco stands and were easy for children to see and reach. It is seen on the city map that 47% of retail tobacco outlets are within 100 m to education, health or sport facilities.

Conclusions: We concluded that one of the reasons of the increasing prevalence of cigarette use especially among adolescents in Turkey is deregulation of the retail tobacco marketing environment during privatization process of national tobacco monopoly. Using the mapping techniques can help to control retail marketing environment.

P4085 Smoking prevalence and practice in special categories: Taxi drivers
Ioana Munteanu1,2, Florin Mihaltan 1, Daniela Ivascu2, Ioana Turcanu1,2, 1Pneumology, 2Surgery, 3Nursing, 4Community Medicine, Bucharest, Romania

The goal of the survey was to estimate the prevalence of tobacco consumption on taxi drivers and secondhand smoke (SHS) exposure in cars. The study is important because it is the first one made in Romania on this topic and there are a few of them reported in medical publication.There are decisions of local counsel on banning smoking in places of work or in the car and customer. The data were collected from 5-10 min questionnaire which contain demographic data, Fagerström Nicotine Dependence Scale and questions regarding smoking practice in the car. The questioners were directly distribute to taxi drivers from three large taxi companies from Bucharest.

Results: 100 questioners were collect for statistical analysis from 400 taxi drivers. The lot was made by 94%men and 6%women; average age37.79±9.89years; driving experience averaged 6.87±4.04years; driving on a taxi at work daily was 14.4±10.9years; driving experience averaged 7.96±3.78years; driving a taxi at work daily was 14.4±10.9years; driving experience averaged 7.96±3.78years.

Conclusions: The prevalence of smoking is higher than the national average (30%). The study group consists of young people who work at night and have a high dependence on nicotine. There is company internal rules that bans smoking, but 35% of smoke in the taxi, if the customer doesn’t express his opinion regarding smoking.

P4086 A survey to assess smoking awareness and attitudes of staff at a local hospital
Joelle Azzonegardi1, Sarah Degiovanni1, Luisa Ferrugia1, Neville Calleja2, Christian de Carle1, Anne Butting1, Stephen Montfort1
1Department of Healthcare Promotion, Mater Dei Hospital, Msida, Malta; 2Department of Oncology, Sir Paul Boffa Hospital, Floriana, Malta; 3Department of Health Information and Research, Ministry of Health, the Elderly and Community Care, Gwardamangia, Malta; 4Department of Health Promotion and Disease Prevention, Ministry of Health, the Elderly and Community Care, Msida, Malta

Background: Rising smoking-related morbidity and mortality would be expected to lead to increased awareness among hospital staff regarding the harmful effects of cigarettes.

Objectives: The aim is to assess the smoking habits of individuals working within a hospital setting who are directly or indirectly exposed to patients with smoking-related illnesses. The survey addresses health issues and attitudes towards smoking. The timing is opportune in that Mater Dei Hospital Malta is to be declared a totally smoke-free hospital.

Methods: A questionnaire was compiled, based on various tools validated in the literature. These were distributed to all members of staff at our General Hospital, targeting more than 3600 individuals.

Results: 27.1% of male and 24.8% of female staff are active smokers. Males were significantly (p = 0.001) more likely to have started smoking at a younger age than females. Almost half find difficulty in refraining from smoking in forbidden areas. Only 22.2% of smokers refrain from smoking in hospital. The highest percentage of smokers are in the youngest age group (18-25 years). 10.4% of doctors and 23.6% of nurses are active smokers. 25.7% of non-smokers had previously smoked, the greatest incentive for quitting being for health reasons. Most members of staff are aware of the adverse effects of smoking and a number have symptoms suggestive of smoking-related pathology.

Conclusions: Hospital staff mirror the general population with respect to smoking habits and comorbidities. This is unacceptable and the need to implement harsher measures whilst educating our hospital staff so that these in turn may serve as educators to patients and hospital visitors.
abstinence (p<0.0001). There was a significant decrease in TNF-α levels on nasal lavage in abstinent smokers after 60 days of abstinence (p=0.0186). For TNF-α levels on blond plasma and IL-10 on blond plasma and nasal lavage there was no observed significant difference. The abstinence promoted decreased exCO and COHb levels after 7 days, decreased in TNF-α levels on nasal lavage in 60 days and of abstinence.

P4089
Is motivational Q-mat test useful to predict smoking cessation?
Zahra Hessami, Hooman Sharifi, Gholamreza Heydari, Mohammadreza Masjedi.
Tobacco Prevention and Control Research Center, National Research Institute of Tuberculosis and Lung Diseases, Tehran, Islamic Republic of Iran

Background: Smoking is one of the major causes of cancer, heart and pulmonary diseases. One of essential steps in tobacco control is persuading the smokers to quit smoking. Encouraging smokers to the quit can be possible if the smoker has enough motivation for quit. In this study we investigated abstinence rate after 6 months according to level of motivation to quit (Q-mat score) and level of nicotine dependency (Fagerestrom score).

Material and method: This study was conducted on the volunteers of smoking cessation clinic in Tehran. They underwent tests for nicotine dependence, motivation degree assessment by FT and Q-mat test respectively. Thereafter, smokers started the cessation program consisting in behavioral therapy and pharmacotherapy. Their quit rate was by verified by telephone and through exhaled CO measurement after 6 months.

Results: In this study 345 volunteers were studied from which 311 (90.1%) male. The mean age was 37.6±11.04 years. After 6 months follow up abstinence rate was 39%. The mean of Q-mat score was 15.8±5.1 (14.9-16.7 CI 95%) in participants how stopped smoking and 15.4±5.1 (14.7-16.1 CI 95%) among participants who failed smoking cessation (p=0.4). The mean of FT was 5.2±2.6 (4.7-5.6 CI 95%) in participants who stopped smoking and was 6±2.6 (5.7-6.4 CI 95%) among participants failed (p=0.002).

Conclusion: The results of this study indicate that volunteers may have high motivation to quit smoking however there was not correlation with the quit rate after 6 months. Lower Fagerestrom score is correlated with high quit rate. By contrast, Q-mat score didn’t predict the success rate in the observed population. Thus in this regards attention should be paid on high nicotine dependent smokers.