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Combined Use of Varenicline and Cognitive Behavioral Treatment for Nicotine Dependence in Patients Admitted to a Psychiatric Clinic in Rio De Janeiro, Brazil-improved Technique.

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Objective: Nicotine dependence is a worldwide health problem. The results of the implementation of a treatment program using Varenicline as a specific medicine for nicotine dependence during admission in a clinic for chemical dependency treatment are demonstrated, and also that this treatment is possible and safe for patients with comorbid psychiatric disorders and drug abuse disorders.

Methods: Between August 2012 and August 2013, 122 patients were evaluated in a clinic for psychiatric and drug abuse treatment in Rio de Janeiro, Brazil. The treatment consisted of a smoking cessation therapy concurrently with the psychiatric treatment. These patients had used pharmacological therapy associated with intensive cognitive behavioral therapy, occupational therapy and moderate physical activity. Smoking was limited to three cigarettes daily since the first day of hospitalization. The medicine used for treatment was Varenicline.

Results: despite the drastic reduction to three cigarettes daily, 100% of the patients adhered to treatment and are discharged from the clinic as tobacco abstainers. Only 67,21% answered the questionnaire after 12 months of follow-up, and 52,43% were still in abstinence.

Conclusions: A high number of patients accepted the treatment. Behavioral group therapy and physical activities can be important allies for Varenicline. The use of Varenicline was safe in patients with psychiatric disorders, with no cases of suicide.