

HEB

## A BRIEF REVIEW ON SMOKING AND ROLE OF PHARMACIST IN SMOKING CESSATION

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### ABSTRACT:

Smoking is one of the health hazards in human life .Tobacco smoking consist of harmful toxic substances leading to cancer even to death ,it can affect all categories in human life irrespective of age ,gender etc .smoking cessation is the preventive measure to avoid harmful effect which is carried out by health care team .this program is worked out for fruitful result with effective patient counseling by pharmacist with NRT provide ward with appropriate smoking cessation pharmacotherapies and involving with patient medical reconciliation and to provide advice to other clinical staff regarding nicotine withdrawal and arrange discharge advise for patient regarding ongoing pharmacotherapy and to minimize the withdrawal symptoms .pharmacist is essential for interpretation the management of smoking cessation using patient clinical data and NRT therapy. Patient counseling strategies include open closed questioners which is carried on with minimum time using quitting programmers like 5A's counselling that includes to explaining quiet smoking with both pharmacological and non-pharmacological management. smoking cessation can be carried out by six strategies including academics, campaign and advertisement.

**Key words: smoking cessation, NRT, bupropion and varenicline.**