# THE EFFICACY OF VARENICLINE IN TERMS OF QUIT RATE AMONG SMOKERS IN HOSPITAL TUANKU JA'AFAR SEREMBAN

**DIPLOMA OF PHARMACY**

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# "The Efficacy of Varenicline in terms of Quit Rate Among Smokers in Hospital Tuanku Ja'afar Seremban"

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# ABSTRACT

Varenicline is currently an effective treatment used in smoking cessation which is a nicotinic receptor partial agonist which stimulates nicotine receptors weaker than nicotine itself. The study attempted to investigate the efficacy of varenicline and counselling on the quit rate and among smokers in Quit Smoking Clinic, Hospital Tuanku Ja'afar Seremban. The study focused on the success rate of completion the varenicline courses and counselling session. Second observation was made in another three months to evaluate whether the patients relapse or not after the treatment. The patient's data was collected from 2015 till 2017 conducted at "Quit Smoking Clinic" (QSC) in HTJS. Altogether, 72 patients' data were collected and being analysed whether the patient successfully quit from smoking or relapse. In this study, the result obtained about 38.9% of patient that registered to QSC which is almost same with the previous study (Gonzales *et al.* 2006 and Jorenby *et al*, 2006), whereas in that research they have obtained 43.9% of smokers that use varenicline. The trigger factors such as stress, after meal, in bathroom, peer pressure was the reason patients have been relapse back. To accomplish the objective, some hypothesis was set and the result obtained from the research was compared with hypothesis. According to the comparison, the result and conclusion was made to meet on our target. The study concluded that varenicline is effective for quit smoking if patients complete taking the medicine for three months. However, the incidence of relapse is higher among patients who do not complete taking varenicline.

# ACKNOWLEDGMENT

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