

P03-168

## SMOKING IN INSTITUTIONALIZED SCHIZOPHRENIC PATIENTS

N.K. Agarwal<sup>1</sup>, S.K. Agarwal, MD, FACC<sup>2</sup>

<sup>1</sup>Rutgers University, Piscataway, <sup>2</sup>Agarwal Health Center, East Orange, NJ, USA

**Introduction:** Schizophrenia and smoking are closely linked. Non-institutionalized schizophrenics have a much higher rate of smoking and smoke more cigarettes than the general population. We studied the smoking patterns in institutionalized schizophrenic patients.

**Objectives:** Boarding Homes (BH) provide boarding with daily activity and health care supervision. All residents are over 18 years old, ambulatory and do not require skilled nursing care. The objective of the study was to evaluate the smoking patterns in schizophrenics living in these institutions.

**Aims:** The aim was to evaluate the effect of supervision on the smoking habits of institutionalized schizophrenic patients.

**Methods:** Smoking history was obtained from 100 consecutive BH schizophrenics sent to our office for annual physicals. All were under care of psychiatrists.

**Results:** Of the 100 patients [54 (54%) males; 46 (46%) females], 96 [52 (54%) males; 44 (46%) females] were current smokers. 32 [20 (63%) males; 12 (37%) females] reported smoking up to 10 cigarettes per day, 42 [22 (52%) males; 20 (48%) females] up to 20 cigarettes per day, while 22 [10 (45%) males, 12 (54%) females] 30 or more cigarettes per day.

**Conclusions:** Schizophrenics living in institutions have extremely high rates of smoking, in spite of being supervised. These rates are higher than that reported with schizophrenics living independently and extremely higher than the general population. They also smoke more cigarettes per day. Strategies to reduce smoking and protect this population from the harmful effects of this addiction need to be established.