J Pulm Respir Med 2016, 6:3 (Suppl)
http://dx.doi.org/10.4172/2161-105X.C1.011

Prophylactic vaccinations in chronic obstructive pulmonary disease

P S Shankar
Emeritus Professor of Medicine, Rajiv Gandhi University of Health Sciences, India

Patients with chronic obstructive pulmonary disease (COPD) are vulnerable to community-acquired respiratory infections such as influenza and Pneumonia. These conditions may lead to an acute infective exacerbation of the condition and worsening of symptoms. Most of them being aged exhibit an immune senescence. Adult vaccination program is a strategy to reduce the incidence of influenza and Pneumococcal disease. Though these vaccines are recommended for all persons with COPD especially those above 65 years of age, the current immunization rates are far low. These patients are susceptible to seasonal influenza every year if they are not protected by an annual trivalent influenza vaccine with a single dose of 0.5 ml whose composition is modified on annual basis. Influenza vaccine clearly reduces the number of acute infective exacerbations in persons with COPD. It also reduces the need for hospitalization and the mortality. Pneumococcal vaccine reduces morbidity and mortality in persons with COPD/Pneumococcal polysaccharide vaccine (PPSV) or Pneumococcal conjugate vaccine (PCV) has to be administered in a dose of 0.5 ml as a single dose every 5 years. Vaccination program should be a part of pulmonary rehabilitation. Though clinical trial data is limited, both influenza and Pneumococcal vaccines produce an additive effect in reducing the infective exacerbations more effectively than either vaccine alone. They reduce the disability. Vaccinations are recommended to all patients with COPD. Influenza vaccine has to be given annually during September and Pneumococcal vaccine to all patients above 65 years of age once in 5 years.

psshankar@hotmail.com

A study on tobacco use among medical students in Chennai

Ramkumar B, Logaraj M and **John K R**
SRM University, India

Background: Tobacco epidemic is one of the biggest public health threats the world has ever faced and it is the single largest preventable cause of death and disability worldwide.

Objectives: The objectives of this study were to estimate the prevalence of tobacco use and to measure the extent of knowledge, attitude and behavior of tobacco usage among third year medical students.

Methods: A community based cross sectional study was conducted at medical colleges in Chennai. A total of 479 medical students participated in the study. Demographics, prevalence of tobacco use, exposure to environmental tobacco smoke, attitude, behavior/cessation and curriculum/training were collected using GHPSS questionnaire (Global Health Professions Student Survey) and the results were analyzed.

Results: The prevalence of ever tried cigarette smoking was 10.9% and ever used smokeless tobacco was 1.9%. The prevalence of current cigarette smoking was 4.8% and current smokeless tobacco use was 1.0%. The prevalence of exposure to smoke at home was 34.2% and at public places was 50.3%. Majority of students were towards banning sale of tobacco products. About 95.2% of the students said health professional should serve as a role model for the patients and get specific training on cessation techniques.

Conclusion: The prevalence of tobacco use was high among male students. Majority of the students' attitude were to ban tobacco sale.

dr.ramkumarb@gmail.com