



Pummonary rehabilitation and Smoke Cessation Unit/Clinic - Assiut University Hospitals

Vision:

To become a leading center of excellence in pulmonary rehabilitation and tobacco cessation, improving respiratory health and enhancing the quality of life of patients through evidence-based, patient-centered care, education, and prevention.

Mission:

The Pulmonary Rehabilitation and Smoking Cessation Unit is committed to:

- Providing comprehensive pulmonary rehabilitation services for patients with chronic respiratory diseases.
- Delivering evidence-based smoking cessation counseling and treatment to help tobacco users quit successfully.
- Promoting healthy lifestyles and preventing tobacco-related diseases through education and awareness programs.
- Improving patients' functional capacity, respiratory health, and quality of life.

- Supporting the smoke-free policy of Assiut University Hospitals through clinical services, education, and multidisciplinary collaboration.

Activities:

- Comprehensive assessment of patients with chronic respiratory diseases.
- Individualized pulmonary rehabilitation programs, including supervised exercise training.
- Smoking cessation counseling using behavioral interventions and motivational interviewing.
- Assessment of nicotine dependence and development of individualized quit plans.
- Pharmacological support for smoking cessation when clinically indicated.
- Patient education on tobacco hazards and prevention of chronic respiratory diseases.
- Follow-up visits to monitor smoking abstinence and rehabilitation outcomes.
- Awareness campaigns and educational seminars in support of World No Tobacco Day and other public health initiatives.
- Collaboration with hospital departments and community partners to promote tobacco-free environments.
- Collection and monitoring of clinical outcome indicators to improve service quality.

Unit Highlights

* **Official Opening:** 2 November 2025

* **Location:** Outpatient Clinics Building, Ground Floor, Assiut University Hospital.

* **Clinic Schedule:** The clinic operates weekly from Sunday to Wednesday.

* **Patients Served:** 72 patients (since inauguration)



