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**Schizophrenic patient and nicotine addiction clinical observation in mental health psychiatry outpatient clinics**

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**Background:** Mild schizophrenia patient with nicotine addiction may have benefit from alternative therapy such as cognitive behavioral therapy added to nicotine replacement therapy compared to other substance abuse, but patient with severe schizophrenia a token economic therapy is best chose. Smoking cessation in Schizophrenia population, its harmful effects on health, finances, role of mental health care providers and better available options for treatment as are in general population.

**Objective:** To decrease risk of cardiovascular and pulmonary compaction and early death bu using the method of Clinical observation with the schizophrenic patients and nicotine addiction.

**Result:** Patients referred to psychotherapy in addition to nicotine replacement for the better outcome. In agreement with literature mild schizophrenia get benefit from cognitive behavioral therapy than sever schizophrenic patients.

**Biography**

Eltoum Etdal has completed her RN, BSN, MSN at the age of 40 years from University of Khartoum Faculty of Medicine School of Nursing and she joined Kingdom of Saudi Arabia-Riyadh King Faisal Specialist Hospital & Research Center since 1992 up to date as register nurse RN. She is the Psychiatry Nurse Coordinator of Mental Health Department. She has published continuum of care of clonazepam misuse prescription mental health psychiatry out patient at King Faisal Hospital & Research Centre.

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