

Rehabilitation of Chronic Smokers: A Comprehensive, Multifaceted Approach Integrating Behavioural, Pharmacologic, and Harm Reduction Strategies

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ARTICLE INFO

Published on 10th of October 2025.

Doi: 10.54878/z82pp198

KEYWORDS:

Smoking cessation, harm reduction, nicotine addiction, e-cigarettes, nicotine pouches, snus, heated tobacco, public health, rehabilitation, tobacco control, motivational interviewing

HOW TO CITE:

Rehabilitation of Chronic Smokers: A Comprehensive, Multifaceted Approach Integrating Behavioural, Pharmacologic, and Harm Reduction Strategies. (2025). *2nd European Arab Medical Congress*, 1(1).



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ABSTRACT

Tobacco use remains one of the leading preventable causes of morbidity and mortality worldwide. Despite extensive public health campaigns and available cessation methods, a significant proportion of smokers remain resistant to quitting. This paper explores a comprehensive approach to the rehabilitation of chronic smokers, incorporating behavioural interventions, pharmacological therapies, and harm reduction strategies. Comparative models from Sweden, Japan, the United Kingdom, and New Zealand are reviewed to highlight effective national frameworks. The importance of personalized treatment plans, combined approaches, and the role of novel nicotine delivery systems is discussed in the context of reducing global tobacco-related harm.