

Abstract

Background: The use of Tobacco is very common among the population of the Czech Republic. It seems, that among patients in addictology treatment, smoking tobacco is more frequent than in the rest of the Czech population. The use of Tobacco and its dependency are still not taken so seriously as other addictions. Therefore in 2019 a pilot operation was implemented of a smoke-free detoxification unit at the Department of Addictology.

Objectives: The primary aim of this work was to assess pilot implementation of smoke-free detoxification unit at the Department of Addictology. The second aim was to find out smoking characteristics of patients (smokers) hospitalized and progress of patients' smoking cessation in detoxification unit.

Methods: For the research a quantitative questionnaire method was used. The research was running from December 2019 to December 2020 at detoxification unit at the Department of Addictology. Responders were chosen by criterion intentional selection. For the research, printed standardized questionnaires were used. Data was transcribed to spreadsheet program MS Excel for statistical analysis.

Results: Research shows that most of the respondents are suffering from medium category of nicotine addiction according to FTND (5,67). Most common withdrawal symptoms among respondents are emotional symptoms unlike physical symptoms. Craving for cigarettes was the most intensely experienced symptom. Respondents had less intense withdrawal symptoms at the end of hospitalization compared to beginning. Women had bigger decrease of withdrawal symptoms during hospitalization than men. Respondents with none or slight tobacco dependence had a very mild decrease of withdrawal symptoms. By contrast respondents with medium tobacco addiction had four times larger decrease during hospitalization. Women with severe tobacco dependence had significant decrease of withdrawal symptoms during hospitalization. Compared to that with severe tobacco dependence had increase of withdrawal symptoms during hospitalization.

Conclusion: Research revealed, that respondents have mostly medium tobacco dependence according to FTND. Withdrawal symptoms among respondents are low and during hospitalization they even decrease. Pilot implementation of a Smoke-free Detoxification unit at

the Department of Addictology could be used as inspiration for another addictology residential treatment.

Key words: Detoxification – Smoking cessation – Tobacco smoking – Tobacco dependence – Residential treatment