

Abstract:

Background: The use of nicotine-containing tobacco is among the substances with the highest dependence potential. The negative impact and consequences of cigarette use are discussed not only among experts. In contrast, nicotine replacement therapy and user experience are unspecified.

Aims: The primary goal of the research was to map the experience of clients of the National Tobacco Quitline Czech Republic with the use of nicotine replacement therapy in the treatment of tobacco addiction. The categories examined include: dosage of replacement nicotine, preferred forms of replacement nicotine, reported adverse effects, and route of administration of replacement nicotine. The study was carried out in order to refine the dosage of nicotine replacement therapy, increase the compliance of nicotine replacement users and increase the quality of services provided by the National Tobacco Quitline Czech Republic.

Methods: The study was carried out with the help of a qualitative research methodology. Respondents were selected using the method of intentional selection according to defined properties. Data was created using a structured interview with open-ended questions and semi-structured interviews. The research data were processed using the open coding method and the method of capturing formulas was used for direct data processing. The research group consisted of 255 respondents. These were adult tobacco users who wanted to quit smoking or reduce the number of cigarettes they smoked, with the support of the National Tobacco Quitline Czech Republic. Another criterion was proven nicotine dependence and the use of nicotine replacement therapy.

Results: Smokers received recommendations for the use of nicotine replacement therapy, especially during the introductory call. The more commonly recommended form was oral and then a combination of oral and transdermal forms. Respondents used a wide range of consultations, most often using 3 expert consultations for smoking cessation. At the same time, users of both oral and transdermal forms of nicotine replacement have experienced negative effects (burning in the mouth or throat, hiccups or rash), mainly due to incorrect application.

Conclusion: The study described the experience of tobacco users with nicotine replacement therapy for clients of the National Tobacco Quitline Czech Republic. Nicotine replacement therapy is a safe form of substitution for smoking cessation and side effects are mainly due to incorrect application. An overview of the experience of nicotine replacement therapy users can be used to improve services and increase awareness of nicotine substitution. At the same time, the work can serve as inspiration and motivation to create and compare a similar study or gain experience with the use of nicotine replacement in users of other tobacco products.

