

## **Abstract**

**BACKGROUND:** Tobacco smoking affects 2,2 million people in the Czech Republic and is associated with high morbidity and mortality. The prevalence of tobacco smoking in addicted patients is 4 times higher than in the general population. Despite the promising evidence of smoking cessation in addicted patients, controversy in tobacco treatment and other drug addictions persists. Unfortunately, a comprehensive approach to improving patients' health and quality of life is rare in clinical practice of Czech detoxification units and hospitals.

**AIMS:** The aim of the theses was to evaluate the current pilot non-smoking operation at the Detoxification Department of the Addictology Clinic of the General Faculty Hospital through the perspective of the Department's treatment team members. To fulfill this aim, research questions focused on the positive and negative perceptions of non-smoking strategies of the patients and staff in the inpatient ward, optimizing the operations of the non-smoking inpatient ward and assessing motivation levels of hospitalized smokers to seek treatment for tobacco dependence.

**METHODS:** Qualitative research methodology was used for data collection and processing, and structured interviews were applied. The sample consisted of 10 respondents from the health care staff of the above facility. The sample was created using the quota intentional selection method. The data were fixed by mobile phone, manually transcribed and subjected to qualitative analysis of classifications, sorting and descriptions.

**MAIN RESULTS:** The non-smoking operation of the Department had a positive effect on the role of members of the detoxification team, bringing greater comfort to their work. The staff valued the current possibility of exclusively focusing on patient's treatment, time profit and avoiding the smell of smoke. The dominant positive outcome through the introduction of this non-smoking operation is changing the communication style with the patient, yielding milder withdrawal symptoms and presenting a rational approach towards smoking that health professionals can follow. Easier way to manage and complete the treatment program, motivational incentive to quit smoking, free nicotine replacement therapy, trying a healthier lifestyle and a more correct approach to hospitalized non-smokers were the main observed benefits for patients. Patients' interest in detoxification was not affected by the non-smoking operation. Increased financial cost due to use of substitution therapy, measures used for patients' craving, The staff reported negative attitudes towards the increase in financial costs of substitution products, the craving and the initial inpatient setting. The medical staff proposes motivational interviews, increasing health literacy and sufficient saturation of patients with substitution drugs as ways to improve motivation and attitudes. Increasing group and individual therapy has also been proposed to make the non-smoking operation more efficient.

**CONCLUSION:** This thesis aimed to evaluate the current non-smoking pilot operation at the General Faculty Hospital Detoxification Department Addiction Clinic. Overall, the medical staff viewed the implemented non-smoking operation positively. There are clear benefits for the staff and inpatients, both smokers and non-smokers alike. Based on these

conclusions, the author recommends full continuation with the non-smoking operation and its implementation into other detoxification units.

**Key words:**

Detoxification – Smoking cessation – Tobacco – Nicotin – Inpatient treatment