

Abstract

Background: Counselling regarding smoking cessation is along with the specialized centers and addictological ambulances also accessible in pharmacies. There are 26 registered as those with specialization in consulting of quitting smoking. Pharmacists who provide this service have to complete guaranteed course from the Czech Chamber of Pharmacists. In the field of addictology, this is currently not really covered topic.

Objectives: The main goal of the bachelor thesis was to capture and evaluate the advice of pharmacists in smoking cessation in selected Prague pharmacies. The partial goal of the work was to describe client services in terms of sociodemography and to find the service based on motivation.

Methods: In this study, the total selection method was chosen, the selection included all pharmacies in the capital city of Prague (26), which are in the register of pharmacies with smoking cessation counseling listed by the Czech Chamber of Pharmacists. One pharmacy was not included in the research sample as it was unavailable for technical reasons during the data collection period. Respondents who participated in the research were working directly with clients who came to smoking cessation counseling. Data were collected using printed questionnaires. The data collection was obtain between february and march 2022. The data collected from the quantitative questionnaire survey were first operationalized and transcribed into a Microsoft Excel spreadsheet editor. The results were further evaluated using descriptive analytical methods in MS Excel.

Results: The results show that counseling for smoking cessation in pharmacies is most often used by men aged 30-49. Clients seek counseling due to their health condition. The most used form of tobacco and nicotine products are classic cigarettes. The duration of one consultation lasts 40 minutes and is provided with a frequency of 1 to 4 smoking cessation counseling. Researchers use the Fagerström test to determine tobacco addiction. They refer to centers for tobacco addicts more often than to addictology clinics. Clients do not mostly refer to smoking cessation websites. Of the recommended forms of nicotine replacement therapy, patches are the most offered. Respondents evaluate 50 % of the results of smoking cessation success.

Conclusion: The results of the study show that pharmacy facilities follow recommended practices when providing smoking cessation counseling. Some tools (eg smokelyzer) are provided rather sporadically within counseling. In general, it can be stated that counseling for smoking cessation in Prague pharmacies can be considered a quality and professionally provided service.

Keywords: smoking, counselling, pharmacies, smoking cessation, tobacco, nicotine