

Abstract

Background

The using of tobacco and nicotine products causes nicotine addiction. Cigarette smoking increases the risk of cardiovascular disease and lung disease. It is involved in the development of metabolic diseases and diseases of the gastrointestinal and urogenital tract. Brief interventions in the area of smoking are carried out to reduce the risks associated with the use of tobacco products and provide decision support in quitting. Healthcare staff in the hospital setting should provide brief interventions targeting the use of tobacco and nicotine products. Currently, the topic of providing brief interventions in hospital settings is minimally researched.

Objectives

The objective of the research was to find out whether the medical staff carry out short interventions and to map the range of brief interventions associated with the use of tobacco products provided by the medical staff in a university hospital in Prague.

Methods

The research was carried out on the basis of a quantitative questionnaire survey conducted among the medical staff (doctor, general nurse and other medical staff – paramedic, nurse, practical nurse) of 3 clinics in the university hospital in Prague. The data were subsequently processed in MS Excel and evaluated using descriptive statistical methods.

Results

Based on a questionnaire survey in which 61 respondents participated, it was found that almost 80 % of respondents educate patients in the area of the harmful effects of smoking. Short interventions according to the 5P (5A) model are not provided completely. The implementation of the "ask" and "recommend to stop" point is more prevalent. Fewer healthcare professionals assess willingness to quit smoking and plan patient follow-ups. Help in quitting smoking is limited to a referral to a center for tobacco addicts or forwarding a contact to the National Smoking Cessation Line, or handing in an information leaflet. The provision of brief interventions is limited by low training and workload of staff.

Conclusion

The research part presents data on the provision of short interventions in the hospital environment. More extensive research in another Czech facility is recommended.

Key words: Brief intervention – Smoking – Healthcare professionals – Nicotine – Health promotion