

Abstract

Background: The prevalence of nicotine use is higher among patients with substance use disorder than in the general population. Smoking cessation reduces the risk of developing smoking-related diseases and can be beneficial for patients in primary addiction treatment.

Aim: The aim of this study was to prospectively monitor the development of nicotine use and smoking cessation among patients in the men inpatient unit (LOM) at the Department of Addictology through a questionnaire survey. A secondary aim was to identify supportive and risk factors for smoking cessation based on interviews with the therapeutic team.

Methodology: A criterion-based intentional selection method was chosen. The research included LOM patients (tobacco smokers) hospitalized during the study period of six months. Data collection took place from September 2023 to March 2024 in three waves: at the beginning of hospitalization, after one month, and at the end of hospitalization. Two standardized questionnaires were used (the Fagerström Test for Nicotine Dependence and the Minnesota Nicotine Withdrawal Scale) and a third questionnaire about nicotine substitution. Data were analyzed in MS Excel. The research also included interviews with staff from the male inpatient unit.

Results: Sixteen respondents completed the questionnaire, seven of whom completed all three waves of data collection. Six respondents quit smoking after transferring from the detoxification department to LOM. Most showed low nicotine dependence. Five respondents used nicotine patches for substitution, but all resumed smoking after six weeks. Withdrawal symptoms were low, with craving being the most intense symptom. Respondents were highly motivated to quit smoking, and their motivation increased during the study. Supportive factors for not smoking included physical activity and hobbies. Staff at the male inpatient unit consider tobacco dependence treatment beneficial in primary addiction treatment.

Conclusion: Respondents are highly motivated to quit smoking and frequently use nicotine substitution. Based on the study results and a review of the literature, it is recommended to provide multiple forms of nicotine substitution throughout the treatment.

Keywords: nicotine, smoking cessation, nicotine replacement therapy, residential treatment