



Department of Addictology



**GENERAL UNIVERSITY
HOSPITAL IN PRAGUE**

CAN WE MANAGE SMOKE-FREE DETOXIFICATION UNITS? YES, WE CAN!

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DISCLOSURE

No financial disclosure or conflicts of interest

SMOKING AMONG PATIENTS WITH ADDICTION

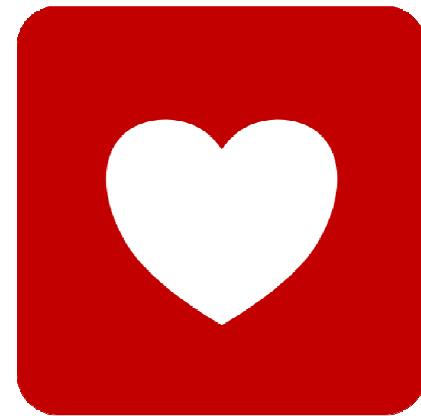
- Highly prevalent phenomenon
- More than 4x higher than in general public



BENEFITS OF QUITTING IN ADDICTION TREATMENT

- **Reduction of risk of premature death**
- **Improvement of health status**
- **Improvement of recovery process**
- **Stabilization of psychiatric symptoms**
- **Increasing of addiction treatment efficacy**
- **Saving money**

Burling et al., 2001; Gariti, Alterman, Mulvaney, Mechanic, Dhopes, Yu, Chychula and Sacks, 2002; Knudsen, 2017; McKel-vey et al., 2017; Williams et al., 2005





Dr. SKÁLA KNEW IT...

- **He stopped smoking successfully and began organizing running training with patients**
- **Tried to implement smoke-free department 2 times**

but...

1948



Dr. SKÁLA KNEW IT...

His attempt failed

**due to smoking staff
and myths**

IMPLEMENTATION OF SMOKE-FREE DETOXIFICATION UNIT

2019



DETOXIFICATION UNIT

- **Separate unit**
- **Adult patients (18+)**
- **Coeducational department**
- **Detoxification before starting treatment**
 - **Alcohol, illegal drugs, drugs, pathological gambling**
- **12 beds**
- **Hospitalization 7 - 30 days**
- **90% of current tobacco smokers**



ORIGINALLY "SMOKING" DETOX



„OLD“ DETOXIFICATION UNIT

Smoking breaks

Originally 3 cigarettes a day allowed

1. After breakfast
2. After lunch
3. After dinner



IMPLEMENTATION OF SMOKE-FREE UNIT

- 1. Preparation of methodology and internal instructions**
- 2. Staff training**
- 3. Pilot implementation**



SMOKE-FREE DETOX

**No tobacco and/or other nicotine products
during hospitalization**



SMOKE-FREE SUPPORT

- 1. Nicotine replacement therapy for free**
- 2. Group counselling**
- 3. Individual counselling**



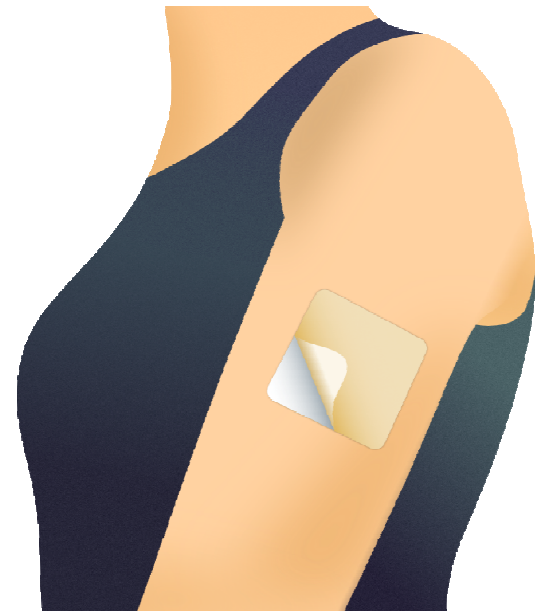
DIAGNOSTICS

- **Fagerström Test for Nicotine Dependence**
- **Minnesota Tobacco Withdrawal Scale**



NICOTINE REPLACEMENT THERAPY

- **Preferably nicotine patches**
 - **Stable nicotine saturation**
- **Indicated by doctor in admission**
- **Ad libitum during hospitalization**



GROUP COUNSELLING

- **1x a week**
- **60 minutes**
- **Currently hospitalized patients**
- **5 - 7 people**
- **Provided by addiction treatment specialist**



INDIVIDUAL COUNSELLING

- **1x - 2x a week**
- **45 minutes**
- **On demand (when continuing in treatment)**
- **Provided by addiction treatment specialist**



WHAT DID WE „AFRAID OF“ ?



DECOMPENSATION OF PATIENTS



DECREASE OF TREATMENT INQUIRY



INCREASE OF DROP-OUTS



NON-COOPERATING STAFF



MORE INFORMATION ABOUT IMPLEMENTATION PROCESS

Pilotní spuštění nekuřáckého detoxifikačního oddělení Kliniky adiktologie 1. LF UK a VFN v Praze

Kulhánek, A., Mašlaniová, M.

Univerzita Karlova, 1. lékařská fakulta a Všeobecná fakultní nemocnice v Praze,
Klinika adiktologie

Citace | KULHÁNEK, Adam, MAŠLANIOVÁ, Miroslava. Pilotní spuštění nekuřáckého detoxifikačního oddělení Kliniky adiktologie 1. LF UK a VFN v Praze. *Adikt. prevent. léčeb. praxi.* 2020; 3(2), 106–111.



<https://www.aplp.cz/nekuracke-detoxikacni-oddeleni-vfn/>



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