

Report from Internship at the Nicotine Dependence Center, Mayo Clinic – Comparison with the Treatment of Tobacco Dependence in the Czech Republic



ZVOLSKÁ, K.

Centre for Tobacco-Dependent, 3rd Department of Medicine – Department of Endocrinology and Metabolism, First Faculty of Medicine, Charles University in Prague and General University Hospital in Prague, Czech Republic
Institute of Hygiene and Epidemiology, First Faculty of Medicine, Charles University in Prague and General University Hospital in Prague, Czech Republic

Citation: Zvolská, K. (2012). Zpráva z odborné stáže v Nicotine Dependence Center, Mayo Clinic – porovnání s léčbou závislosti na tabáku v ČR. *Adiktologie*, (12)4, 366–372.

SUMMARY: *The Mayo Clinic's Nicotine Dependence Center in Rochester, MN, USA, runs three programmes: Treatment, Education, and Research. Treatment is provided in programmes for outpatients and hospitalised patients and through an intensive residential programme. Behavioural therapy is provided by trained consultants. They use motivational interviewing to enhance motivation. Smoking is prohibited in the whole area of the Mayo Clinic. The physicians in the hospital can apply a method referred to as 2 A's (Ask and Advise) and R (Refer) in order to identify (Ask) tobacco users among the patients, advise (Advise) them to stop smoking, and refer (Refer) them to the Nicotine Dependence Center. The prevalence of cigarette smoking among adults in the United States is about 21%, in comparison to 29% in the Czech Republic. Many U.S. health insurers contribute to tobacco dependence-related interventions and treatment. In the Czech Republic, the cost of treatment of tobacco dependence, which is comparable to the cost of smoking, is fully covered by the patients. In the U.S. smoking cessation is cheaper than smoking.*

KEY WORDS: TOBACCO DEPENDENCE – SMOKING – SMOKING CESSATION – DRUG THERAPY – COMBINATION – TREATMENT OUTCOME – SUBSTANCE ABUSE TREATMENT CENTRES

Submitted: 3 / FEBRUARY / 2012

Accepted: 2 / OCTOBER / 2012

Grant support: AMVIS-KONTAKT ME 09014

Address for correspondence: Kamila Zvolská, MD / kzvolaska@centrum.cz / Centre for Tobacco-Dependent, 3rd Department of Medicine – Department of Endocrinology and Metabolism, First Faculty of Medicine, Charles University in Prague and General University Hospital in Prague, Karlovo náměstí 32, 120 00 Prague 2, Czech Republic