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

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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.

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