

Abstrakt

Addiction treatment includes lots of treatment interventions and kinesiotherapy treatment should undoubtedly belong to them as well. The thesis puts focus on the aftercare program of the Apolinář model in inpatient wards with recurrent stays of clients who have the same structure as basic institutional treatment. Despite the busy daily program there should always be room for physical activity.

The aim of the work is to map and compare the concept of rehabilitation in the current setting of Apolinář model of addiction treatment with the concept of rehabilitation in the field of physiotherapy. Next main research topic will be the method of ensuring rehabilitation, whether it is appropriate to the health of the clients and possibly assessing the possibilities of the physiotherapist in the nursing team.

The research tool for data collection was evaluation by formative approach. The evaluation was carried out in inpatient wards of the Clinic of Addictology. The research sample consisted of a treatment program and was selected by the method of deliberate selection. The unit of the research file is therefore not the patient. Data collection was executed in the form of observations from the perspective of a researcher who is also an expert in physiotherapy. In addition, further data will also be collected from interviews with staff and clients.

The result of this evaluation study is that the rehabilitation program at the Clinic of Addictology within bed aftercare is not well understood. There are not many physical activities and they do not fully correspond to the common concept of medical rehabilitation. A physiotherapist would undoubtedly be of great benefit to the Clinic aftercare program. On this basis a simple economic balance sheet was drawn up in a special section outlining the possible earnings of a physiotherapist using direct payment approach. This balance sheet has produced positive results.

The work and research have accomplished the set goals. The results are giving us incentives for possible further evaluation and studies. Greater efforts and resources would be needed and this topic should be addressed in more detail in the longer more strategic terms, possibly in other addictology services.

Keywords: Physiotherapy in the addictions treatment – rehabilitation – aftercare program – kinesiotherapy – „Apolinář“ model