

ABSTRACT

Background: The definition and concept of the rehabilitation differs across disciplines. However, the goals of comprehensive rehabilitation, as defined in the literature, could not be fully achieved without multidisciplinary cooperation, through which it is possible to apply a wider range of interventions, which is an important indicator in addiction treatment. The cooperation between individual fields has the potential not only in better quality care towards the target group, but it is also important to consider the possibility of better financing of care, which could lead to greater satisfaction of both users and service providers.

Objectives: This diploma thesis seeks the interrelationships between theory and concept of rehabilitation in addictology, respectively in the aftercare program based on the Apolinar model of addiction treatment, and rehabilitation in physiotherapy - in terms of both theoretical anchoring and implementation of rehabilitation in practice. The objective was to map and evaluate the content of rehabilitation applied in the outpatient form of the after-care program in the women's and men's ward of substance abuse treatment at the Department of Addictology, which is based on the Apolinar model of addiction treatment. Finally, the aim was to assess how a physiotherapist could contribute to the rehabilitation of addicts as a part of a multidisciplinary therapeutic team in this facility.

Methods: The research tool was the method of formative evaluation of the process. The research group was narrowed down to the women's and men's wards at the Department of Addictology by deliberate and institutional selection, and thus, the subject of the research was the program at these departments, not patients or staff. Data collection tools included analysis of publications, analysis of facility operating manuals, participatory observation of the program, and semi-structured interviews with facility staff.

Results: The concept of rehabilitation in addictology has not been sufficiently described in the literature and its definitions and goals are unclear. Also in the aftercare program at the Department of Addictology, the theory and implementation of rehabilitation is not sufficient. In an outpatient aftercare program, kinesiotherapy or another form of therapy focused on solving physical problems appears only minimally and if so, it is not provided by a competent expert. The presence of a physiotherapist in the team would undoubtedly be beneficial. If certain conditions are met, it would be possible to set up a physiotherapy office, through which the physiotherapist could report their health-care services and costs to the insurance company, and thus contribute to improvement of the program content and its financing.

Conclusion: The aims of this diploma thesis were met and the research questions were answered. This work could be the basis for further research in the field of rehabilitation in the substance abuse treatment based on the Apolinar model.