

Abstract of the thesis

Introduction: Evaluation of the effectiveness of treatment methods, programmes and services is often something that people and journalists, or reporters, who do not work in health care and in social services ask and are not always easy to answer and give a simple and “measurable” answer. What is the percentage success rate of treatment? What percent of patients abstain? What does it mean? How does their somato-psycho-social condition improve? What do we mostly watch? In general, qualitative and quantitative outputs (number of contacts and treated clients, interventions, issued material, etc.) are also assessed, as well as their volume with previous periods, etc. Efficiency indicators often identified and determined by individual facilities; the standards have not yet assumed a unified form for specific types of services.

Claim: The aim of this work, which is focused retrospectively on evaluating the effectiveness of the Apolinář treatment, its effective elements and methods of measurement, is to contribute to the effectiveness of the clinic's activities in future, to offer possible stimuli to set up interventions in the context of improving and streamlining the reported therapeutic care and provide possible argumentation also for insurance companies to contract further and in the long term meaningful acts. Through carefully selected research methods that we consider to be effective and well-proven in practice, recommendations for further action will be formulated and some causal relations presented now from our point of view arising as a basis for these claims in line with Evidence Based Practice (EBP), which at the same time not only test the effectiveness of the different approaches, but also test the possible interconnection of individual characteristics with different methods of treatment in the field of modern medicine.

Methods: The work with its character comes closest to research and a systematic review. For the purposes of evaluating and assessing the content consistency with the component topic of the thesis, selected literature was subjected to a theoretical and critical analysis of the full text and subsequently a content analysis combined with the methods of pre-selection, colouring and cluster creation, clustering and categorization of results based on thorough research. Conclusions were then drawn and the implications for further research were formulated.

Results: In the context of this survey, we reflected more deeply on the Apolinář model of the institutional regimen of treatment of alcohol dependence and its effectiveness through the prism of an experienced researcher in the historical context in selected professional literature. The objectives we have set for this work, mapping of domestic specialized literature on the topic of treatment of alcohol dependence and conducting a review of the work by PhDr. Luděk Kubička, CSc., focused on the evaluation of the Apolinář treatment model, were met, elaborated and described in the results in the conclusion of the thesis itself.

Conclusion: The aim of the thesis was not to determine proposals for specific methods or measures only on the basis of historical mapping. Its aim is more modest, simply to offer to connect with the present and to consider some knowledge that naturally emerged and aroused us to thought as revealed by this inquiry as a stimulus to further research.

Keywords: Alcohol - treatment - development - history - “Apolinář” model