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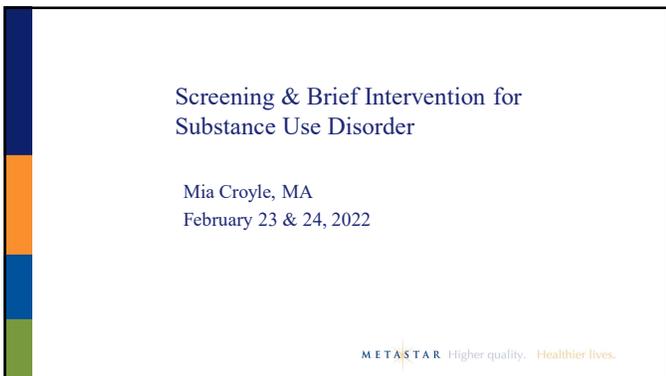
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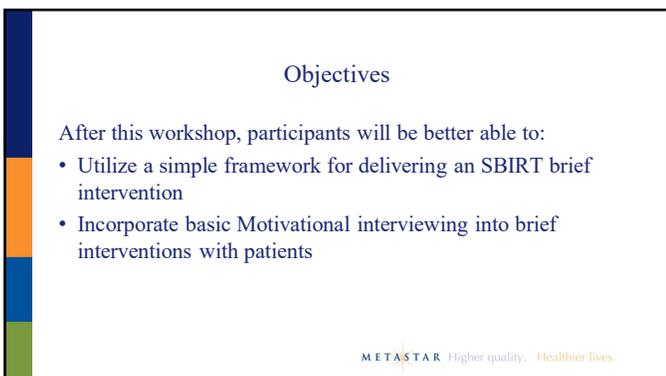
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## Outline

- Introduction/Background
  - Why screen
  - Impact of pandemic
- Screening Tool
  - Pre-Screen
  - US AUDIT
- Responding to Positive Screen
  - Raising the Subject
  - FLO

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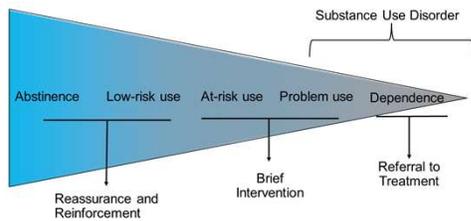
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## The Substance Use Continuum



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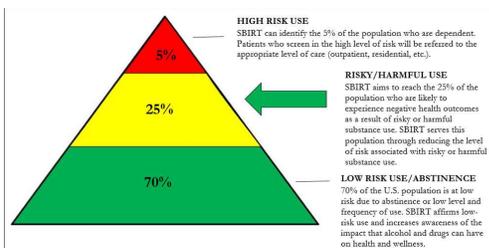
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## Alcohol Use Pyramid



<https://www.indianasbirt.org/administrators-research>

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## Alcohol in the time of COVID

- The pandemic resulted in changes in alcohol use patterns
- Increase in alcohol related emergencies
- Alcohol related liver disease outcomes worsened
- Alcohol use has added additional burden on vulnerable populations

Murthy, P., & Narasimha, V. L. (2021). Effects of the COVID-19 pandemic and lockdown on alcohol use disorders and complications. *Current opinion in psychiatry*, 34(4), 376-385. <https://doi.org/10.1097/YCO.0000000000000720>

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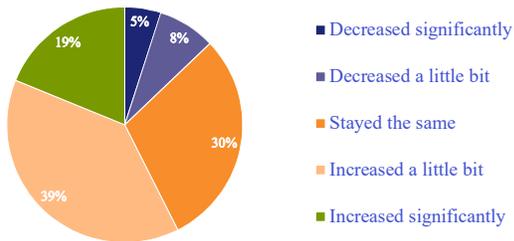
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## Alcohol Use



<https://www.therecoveryvillage.com/drug-addiction/news/covid-19-substance-use-map/>

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## 'Gray area' drinking: Pandemic has some questioning their alcohol habits



COVID-19 pandemic brings new concerns about excessive drinking



How Bad Is the Pandemic Drinking Problem?



Americans Are Drinking More Alcohol During the Coronavirus Pandemic, New Study Finds



Jennifer Garner shares health fears over her alcohol intake during the pandemic



Coping with COVID-19: Adults turn to alcohol, marijuana

As the pandemic continues, many people are turning to alcohol and marijuana to cope with stress and anxiety. A new study from the University of Michigan shows that alcohol consumption has increased significantly since the start of the pandemic.

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She Got It Made A Giant Cocktail For Herself Before Noon During Quarantine

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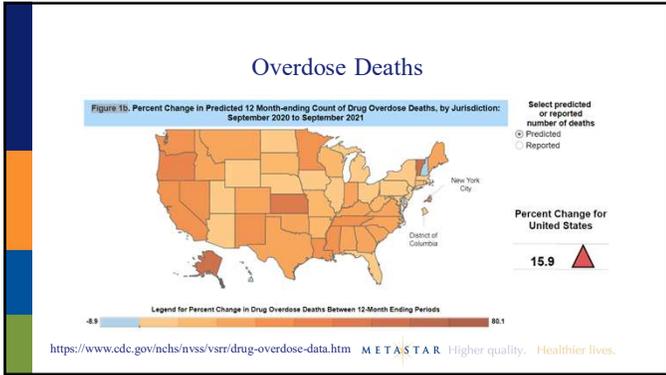
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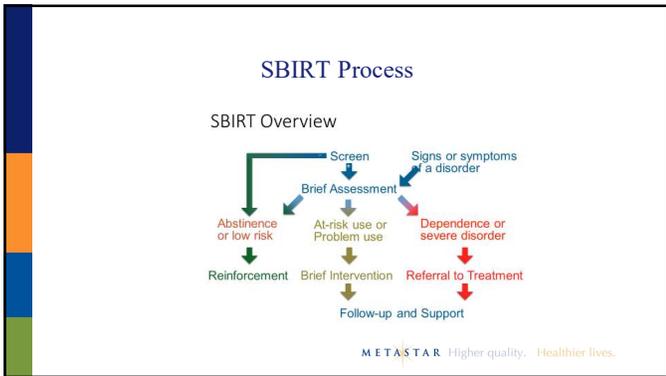
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### Screening Tools

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## Definition of Screening

A rapid, proactive, systematic procedure applied to an entire patient populations to identify individuals who may have a condition or may be at risk for a condition before obvious manifestations occur.

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## Screening Casts a Wide Net



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## Introducing Screen

*"I'd like to ask you a few questions about your drinking/drug use. We ask everyone these questions to make sure we are giving you the best possible care. Some of these questions might not apply to you and if so just let me know."*

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**Single Alcohol Screening Question**

How many times in the past year have you had X or more drinks in a day?

 X = 5       X = 4

Positive response: Greater than none

Smith, Journal of General Internal Medicine, 2009

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**Single Drug Screening Question**

How many times in the past year have you used an illegal drug or used a prescription medication for non-medical reasons?

Positive response: Greater than none

Smith, Journal of General Internal Medicine, 2009

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**Brief Assessment Tools**

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**Purpose**

- Indicated screening, more in-depth
- Structured process
- Intended to categorize individuals with regard to substance use
- Not diagnostic, but can inform diagnosis
- Can be done via clinical interview or written questionnaire

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**Alcohol Use Disorders Identification Test (AUDIT)**

- Validated across many countries and cultures
- US AUDIT
- 10 multiple choice items on alcohol
- Each item has three to five response choices with point values
- Add point values for interpretation

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**Drug Abuse Screening Test (DAST)**

- 10 questions on drug use in the past 12 months
- All questions are yes/no
- Each question scores zero points or one point
- Validated mainly on treatment populations, not general healthcare, mental healthcare or social services patients and clients
- Some items may improve with rewording

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## Other Brief Screening Tools

- SIP-AD: Short Inventory of Problems - Alcohol and Drugs
- SDS: Severity of Dependence Scale
- ORT: Opioid Risk Tool
- CRAFFT: Adolescents (Car, Relax, Alone, Forget, Friends, Trouble)
- CAGE: Cut down, Annoyed, Guilty, Eye-Opener
  - longer and less accurate than newer screens; should no longer be used

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## Brief Intervention

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## Purpose of Brief Intervention

### Activate motivation for change to substance use

- Utilize Motivational Interviewing approach to avoid defensive and dismissive response
- Share personalized information and feedback with patient about (potential) impact of their substance use
- Make evidence-based recommendation regarding substance use
- Explore options for change or referral, if appropriate

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<p><b>Brief Advice</b></p> <ul style="list-style-type: none"> <li>• Medically-based feedback and advice about health consequences and possible other impacts of substance use</li> <li>• Provider does most of the talking</li> <li>• This is the type of intervention which providers are most accustomed</li> </ul>	<p><b>Brief Intervention</b></p> <ul style="list-style-type: none"> <li>• Focused conversation that combines brief advice with a motivational interviewing approach to enhance patient's motivation to make changes in substance use</li> <li>• Provider aims to get the patient talking</li> <li>• This represents a departure from the style of communication most providers use</li> </ul>
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**Delivering Brief Intervention: FLO**

<ul style="list-style-type: none"> <li>• <b>Feedback</b> <ul style="list-style-type: none"> <li>• Setting the stage</li> <li>• Share feedback &amp; recommendation</li> </ul> </li> <li>• <b>Listen to understand</b> <ul style="list-style-type: none"> <li>• Explore current situation</li> <li>• Evoke change talk</li> </ul> </li> <li>• <b>Options to explore</b> <ul style="list-style-type: none"> <li>• Discuss options for change</li> <li>• Follow up</li> </ul> </li> </ul>	
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Image by Ciker-Free-Vector-Images from Pixabay

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**Personalized Feedback**

Consider:

- What does their screening suggest?
- How does their use compare with national or state norms?
- How might drinking/use be impacting chronic health conditions?
- How might drinking/use be impacting the efficacy of their medications?
- How might drinking/use be in opposition to some of the things you know this person values?

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## Feedback

### Feedback Sandwich

- Ask permission
  - *Would it be OK if we discussed the results of the questionnaire about alcohol use that you completed?*
- Offer feedback
  - *Based on the way you answered these questions your alcohol use is falling into the category [name]. That generally means...*
- Ask for response
  - *What are your thoughts about this?*

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## Listen to Understand

### Open Questions

- *How do alcohol (drugs) fit into your day to day life?*
- *What might be some of the downsides of drinking (using) for you?*
- *If you were to make a change, how might your life be different?*

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## Listen to Understand

### Open Questions

- *If you were to decide to make a change, how might you go about doing that?*
- *If things continue as they are what might be the worst thing that could happen?*
- *How will you know when it is time to think about making a change?*

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Reflective Listening

- Goal is to understand
- Goal here is NOT to educate, correct, persuade
- Attempt to grasp the meaning of what the other person is saying, and offer that meaning back to the other person

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Reflective Listening

- Statement
- Mirrors what was said or meant
- Demonstrates **empathy**
- Shapes direction
- You choose what to reflect



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Reflective Listening



- Simple
- Paraphrase

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Reflect This

*"I don't know what I'm going to do. Alcohol seems to have been a big issue lately, but I really like drinking."*

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Reflective Listening



- Simple
- Paraphrase
- Unspoken emotion
- Double-sided
- Continuing the paragraph
- Amplification
- Metaphor

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Reflect This

*"I don't know what I'm going to do. Alcohol seems to have been a big issue lately, but I really like drinking."*

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## Options Explored

Transition with a key question:

- *“I wonder what you’re thinking at this point?”*
- *“Where does all this leave you?”*
- *“What would be most helpful for us to do now?”*

Let the other person take the lead – you are in a supportive role

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## Options

- Remind of the low risk drinking guidelines
- Express support and encouragement for any change
- Share resources
- Help them create a change plan:
  - What are they going to add/remove to help them reduce use?
  - Who will support them?
  - How will they hold themselves accountable?

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## Options

- Encourage social support (peer recovery coach, AA, NA)
- Make a referral to a treatment program
- Prescribe a medication (MAUD, MOUD aka MAT)
- Schedule a follow-up appointment or check-in call

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Questions?



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Contact Information:

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