

Beyond CAGE: Brief Counseling Interventions For Unhealthy Alcohol and Other Drug Use

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Brief Intervention

- 5-15 minutes of counseling
- Components
 - **Feedback**: Provide personalized feedback and state your concern
 - Elicit + and – of continued use and change
 - Assess readiness to change
 - **Advice**: Make explicit recommendation for change in behavior
 - **Goal setting**: Discuss patient's reaction and negotiate plan
 - Menu of options
 - Arrange follow-up

“Beyond CAGE”

- Determine the patient’s perception of his/her use, both the need and perceived ability to change behavior
 - Example: “Do you think your drug use is a problem?”
- Assess the patient’s stage of readiness to change behavior

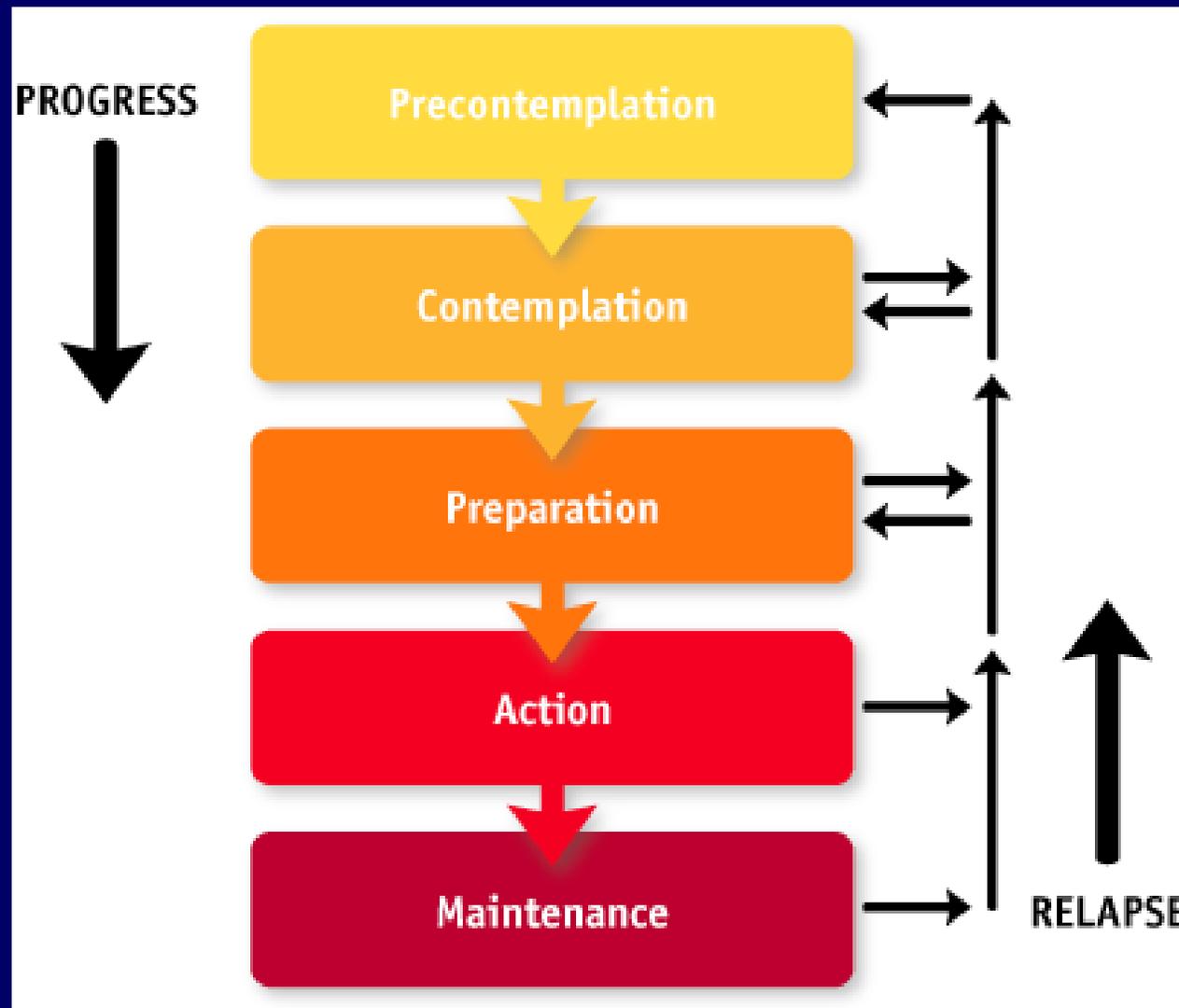
Samet, JH, Rollnick S, Barnes H. *Arch Intern Med.* 1996;156:2287-93.

Readiness: A “Quick” Version

“On a scale from 1 to 10...”

- “...How *important* is it for you right now to...?”
 - “Why did you say 3 and not 0?”
 - “What would it take to get you from 3 to 6?”
- “If you did decide to change, how *confident* are you that you would succeed?”
- “You’ve decided to change, and think you could succeed--When will you do it?”

Readiness to Change Model



Prochaska JO, et al. *Am Psychol.* 1992;47:1102-4.

Best Advice

- Abstinence
 - Failed attempts at cutting down
 - Dependence
 - Pregnancy/preconception
 - Contraindicated medical condition or medication
- Cutting down
 - Risky or problem use

Precontemplation

- Goal is to raise doubt, increase perception/
consciousness of problem
 - express concern
 - state the problem non-judgmentally
 - agree to disagree
 - advise a trial of abstinence or cutting down
 - importance of follow-up (even if using)
 - less intensity is better

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Contemplation

- Goal is to tip the balance
 - elicit positive and negative aspects of drinking
 - elicit positive and negative aspects of not drinking
 - summarize (patient could write these down)
 - demonstrate discrepancies between values and actions
 - advise a trial of abstinence or cutting down

Determination

- Goal is to help determine the best course of action
 - working on motivation is not helpful
 - supporting self-efficacy is (remind of strengths-- i.e. period of sobriety, coming to doctor)
 - help decide on achievable goals
 - caution re: difficult road ahead
 - relapse won't disrupt relationship

Action

- Goal is to help patient take steps to change
 - support and encouragement
 - acknowledge discomfort (losses, withdrawal)
 - reinforce importance of recovery

Maintenance

- Goal is to help prevent relapse
 - anticipate difficult situations (triggers)
 - recognize the ongoing struggle
 - support the patient's resolve
 - reiterate that relapse won't disrupt your relationship

Relapse

- Goal is to renew the process of contemplation
 - explore what can be learned from the relapse
 - express concern
 - emphasize the positive aspects of prior abstinence and of current efforts to seek care
 - support self-efficacy

Summary

- Ask (screen)
- Assess severity

- **Feedback**
- **Advice**
- **Goal setting**