



EXCEPTIONAL CARE. WITHOUT EXCEPTION.



School of Medicine



Clinical Addiction Research and Education

This is the property of 2016 CRIT/FIT. Permission is required to duplicate.

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

Jeffrey H. Samet, MD, MA, MPH

Chief, Section General Internal Medicine

Boston Medical Center

Professor of Medicine and Community Health Sciences

Boston University Schools of Medicine and Public Health

# Brief Intervention

- 5-15 minutes of counseling
- Components
  - Feedback: Provide personalized feedback and state your concern
  - Advice: Make explicit recommendation for change in behavior
  - Goal setting: Discuss patient's reaction and negotiate plan

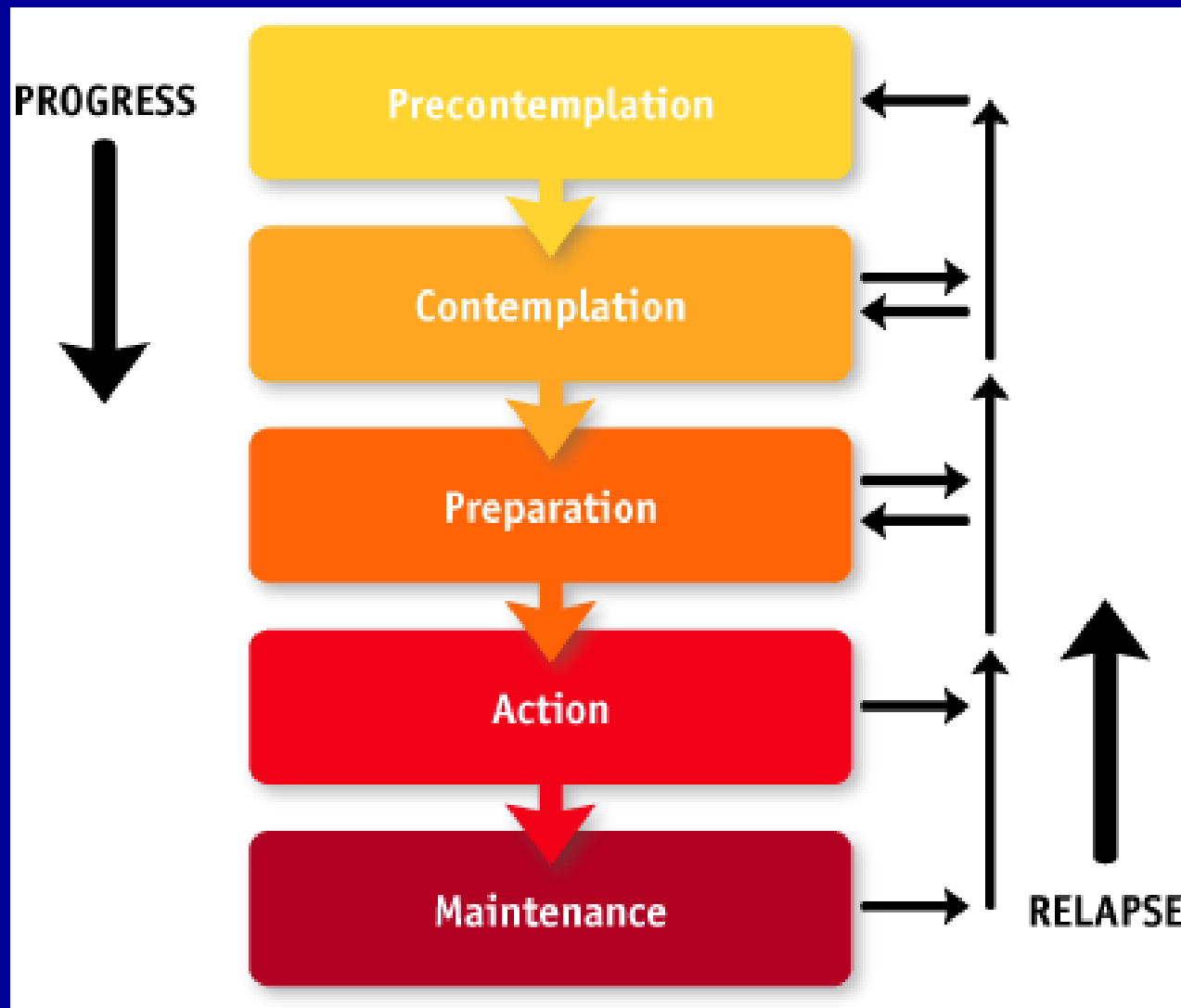
# Best Advice

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

# “Beyond Screening”

- 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

# Readiness to Change Model



# Feedback

**Provide personalized feedback and state your concern.**

- GGT
- drinking data
- risky behaviors
- consequences

# Advice

## Make explicit recommendation for change in behavior

- Emphasis on personal RESPONSIBILITY for change
  - “...it’s up to you to decide...”
- Give them a menu of options
- Use an EMPATHIC counseling style

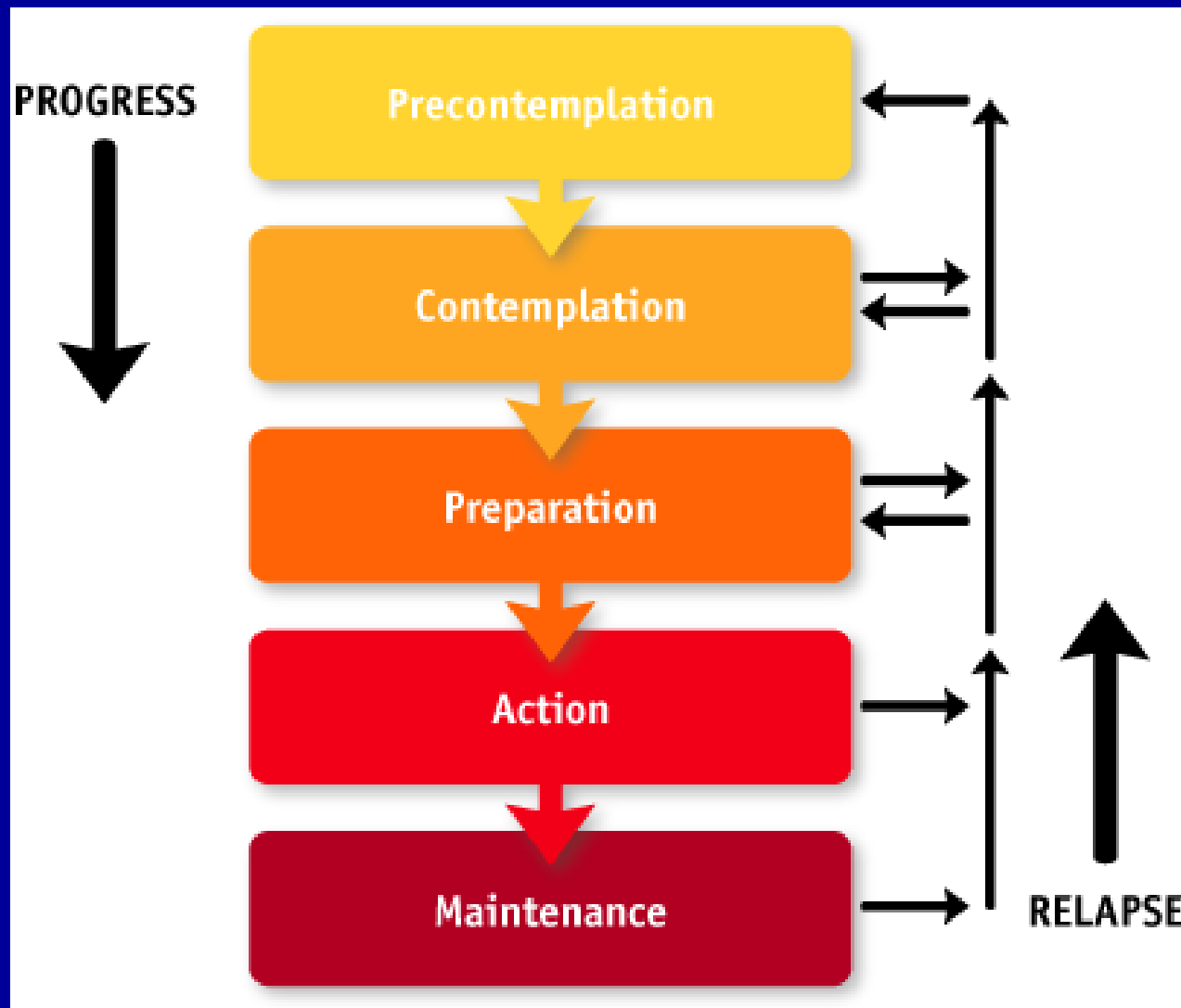
# Goal Setting

**Discuss patient's reaction and negotiate plan.**

- Enhancement of SELF-EFFICACY
- Reinforce it, state your belief they can do it
- Give example of patient's past success



# Readiness to Change Model



# 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

# 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

# Brief Counseling Interventions: Summary

- Assess to determine best advice
- Assess readiness to change
- Counsel including known effective elements of brief intervention
  - Feedback, advice, goal setting



# TIME TO PRACTICE

