

“One more won’t hurt”

**Reducing alcohol consumption in
young men with alcohol related
facial injuries**

Dr Alyson Smith

Chartered Clinical Psychologist

Senior Lecturer

University of Wales Institute Cardiff

Background

- Regular stream of young males presenting with alcohol related facial injuries
- Attend A&E, receive treatment
- Given appointment for follow-up within the next 10 days
- This appointment provides ideal opportunity for brief intervention addressing future alcohol consumption

The Study

Patients Attend for Follow Up Treatment

Fit Inclusion Criteria



Consent

Randomised (N=151)

Control Group (N=76)

Intervention Group (N=75)



Followed up 3 and 12 months later

The intervention



The Intervention

- Based on Motivational Interviewing style (Miller and Rollnick 1991)
- Duration: 5-15 minutes
- Conducted by trained nurses
- Structured and Manual based intervention
- “Menu” of strategies – select according to individual patient requirements
- Laminated visual aids (e.g. effects of alcohol on the body, national reported alcohol consumption levels)

Intervention Strategy Menu: Part 1

Opening – Current lifestyle, role of alcohol, alcohol and health, stress

Quick Assessment – motivation to change, confidence of success (0-10)

Agenda Setting – encourage patient to indicate direction of consultation

Typical Day/Session – current behaviour/alcohol consumption

Good/Bad Things – positive aspects of alcohol, then negative

Intervention Strategy Menu: Part 2

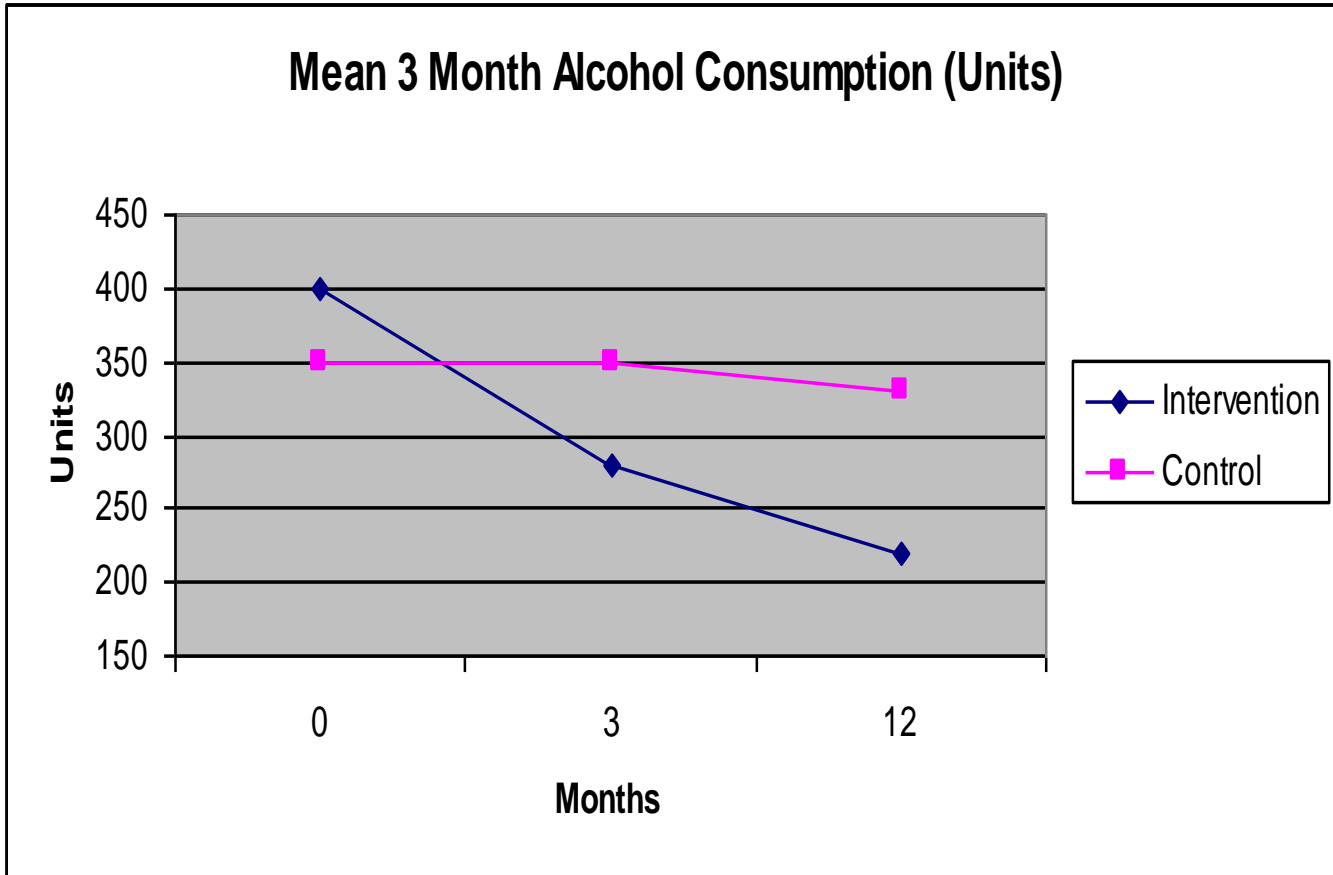
Information Exchange/Provision – establish level of knowledge, “would you be interested in information on ...”, provide in neutral way, ask for reaction

Future and Present – Contrast situation now with how s/he would like things to be in the future. “How does alcohol affect you now?” “What’s stopping you?”

Exploring Concerns – “what concerns you about your use of alcohol?”, photograph.

Helping with Decision Making - “Where does this leave you now?” , explore options, encourage patient to set own achievable targets, emphasise that they are the best judge of what is right for them

Results



Results

Percentage of participants consuming above recommended weekly levels* of alcohol at baseline and 12 month follow-up

	Baseline	12 Month Follow Up
Control Group	54	50
Intervention Group	60	27

*Royal College's recommended healthy weekly limit is 21 units for men

Results

Number of participants scoring above the cut-off point (8) on the Alcohol Use Disorders Identification Test (Babor et al. 1992)

	Baseline	12 Month Follow Up
Control Group	73	50
Intervention Group	71	35

Implications

- Nurse led alcohol interventions are more effective than treatment as usual at reducing alcohol consumption
- The intervention can be completed as part of routine practice without the need for extra resources
- Commissioners should make funding available for nurse training and evaluation

- Influence on Policy: Welsh Assembly Government have recently invited tenders for a nationwide university accredited training programme in brief interventions for nurses across a range of settings
- Cardiff Model

References

- Smith, A. J., Hodgson, R. C., & Shepherd, J. P. (2003). A randomised controlled trial of a brief intervention after alcohol-related facial injury. *Addiction*, 98, 43-52.
- Smith, A, Shepherd, J. and Hodgson, R. (1998). Brief interventions for patients with alcohol-related trauma, *British Journal of Oral and Maxillofacial Surgery*, 36, 408-415.

