



Finnish Institute of
Occupational Health

Brief Alcohol Intervention in Finnish Occupational Health Services

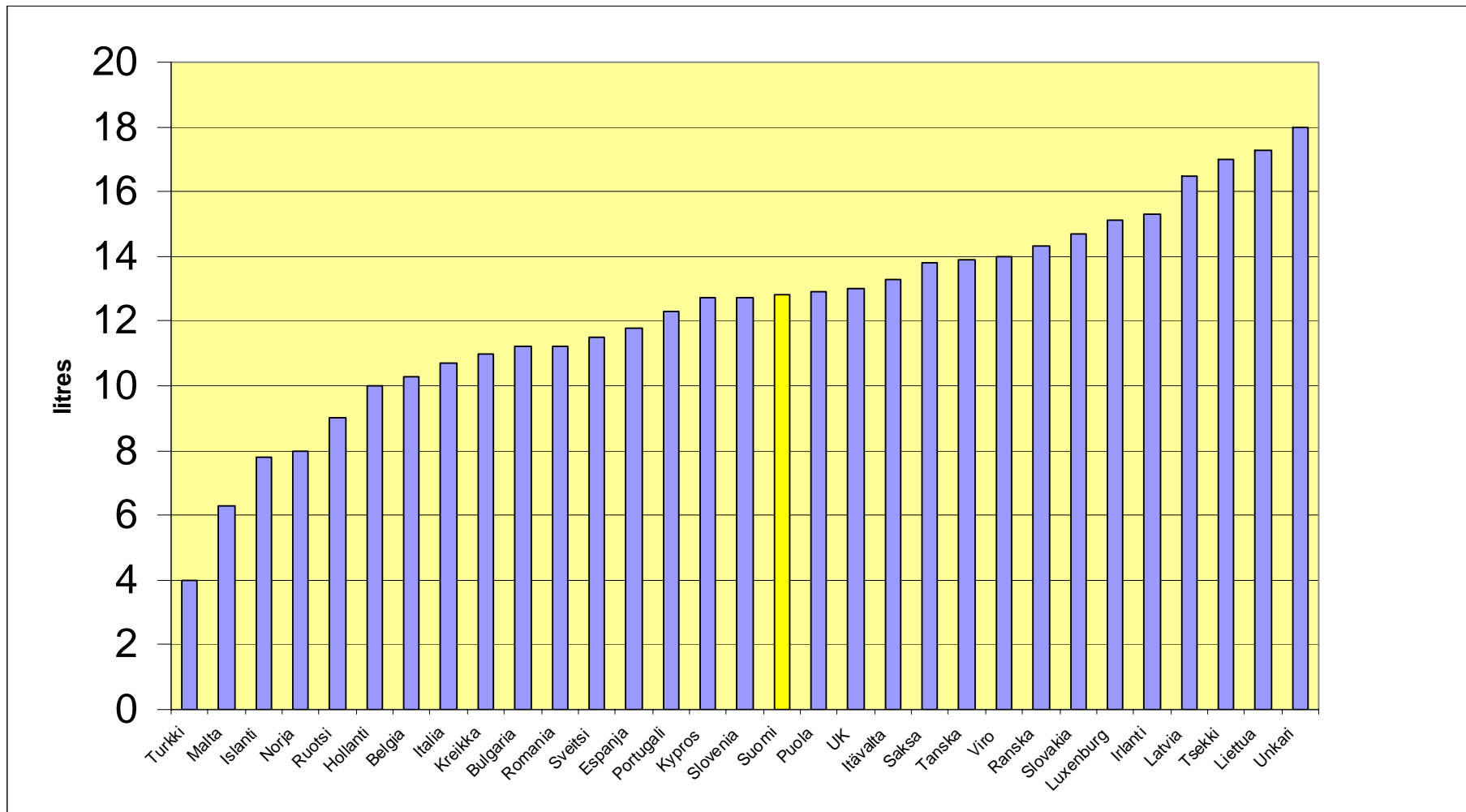
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Alcohol consumption in litres per inhabitants aged 15 or more in Europe in 2002 (WHO, Rehm et al. 2004)



Occupational Health Services (OHS) in Finland



- 750 OHS units
- 2600 nurses and 2600 physicians
- OHS covers 1,82 million employees
- 3,5 million visits /year
 - 680 000 health checks
 - 2,87 million other visits

Brief Intervention in OHS – surveys in 1997, 2000 and 2004

- This research was a part of a national survey of occupational health services (OHS) in 1997, 2000, and 2004
- Questionnaire was sent to all Finnish OHS units (750 in 2004)

		1997	2000	2004
OHS units that answered the questionnaire	N %	770 83	672 78	598 80

Research questions

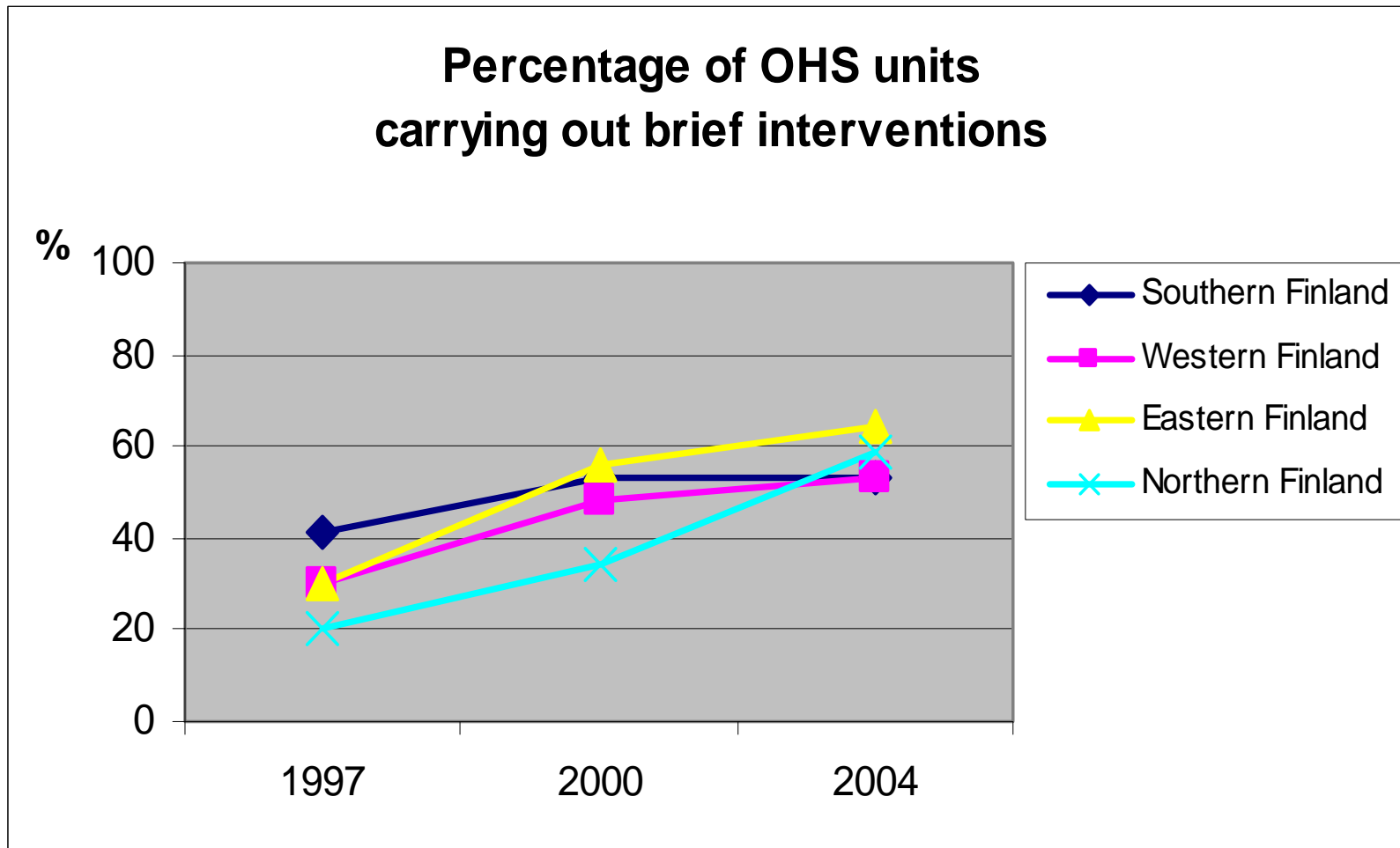
- Do OHS units use carry out brief interventions?
- How many AUDIT questionnaires, brief interventions, and agreements on treatment did the units conduct yearly?

Results – Brief Interventions

		1997	2000	2004
OHS units offering brief interventions	N	239	329	329
	%	31	49	55
Brief interventions per 100 clients	Mean	2.1	1.6	1.5

- Percentage of units conducting brief interventions is growing
- Number of interventions per clients is decreasing

Results – Brief Interventions by area



Results

- In 2004 OHS units reported conducting
 - 176 000 askings about alcohol drinking
 - 52 500 AUDIT questionnaires
 - 7 100 brief interventions
 - 2 900 agreements on treatment
- only 11-14 % of the OHS units register AUDITs and brief interventions
- 29 % of the units register agreements on treatment

Conclusions

- A half of all Finnish OHS units have carried out brief alcohol interventions
- However, the number of interventions (7100) was very small compared to all visits in OHS (3,5 mill.)
- In practice there probably is more activity in EIBI, but it is not registered
- Increase in screening (AUDIT) in OHS would help finding hazardous drinkers and lead to giving more brief interventions

Conclusions – Focus on EIBI in OHS

- It seems that in 2004 the focus in OHS was too much on treating alcohol problems instead in early identification and brief intervention
- OHS could easily direct more towards primary prevention, particularly in health checks
- In health checks it is possible to screen all the patients/clients with AUDIT
- In future, OHS could screen entire workplaces and then assess the need for preventive work in each workplace

Brief Intervention Project in OHS 2004-2008

- Finnish Institute of Occupational Health (FIOH) is a research and specialist organization in the sector of occupational health and safety (www.ttl.fi/internet/english)
- Brief Intervention Project in OHS started in 2004, and the project is targeted at the entire OHS personnel
- Chief Physician Martti Kuokkanen, Project Coordinator Leena Heljälä, Researcher Hanna Jurvansuu
- The objective is to increase brief interventions in occupational health settings
- c 70 OHS units and more than 2000 OH doctors and OH nurses trained in 2005-2006
- seminars, articles for OHS professionals, interviews to press and radio, www-pages in Finnish
- cooperation with VAMP Project, Kaija Seppä, Mauri Aalto, Ministry of Social Affairs and Health

Survey to OHS units and professionals

- questionnaires to
 - 350 OHS units
 - occupational health doctors and - nurses
- questions about
 - procedures in OHS unit concerning EIBI
 - screening
 - content of brief intervention and counselling
 - follow-up and registration
- first survey in 2006, follow-up in 2007

New guide for OHS



- Brief alcohol intervention in occupational health services
 - guide for OHS to identify and counsel hazardous drinkers
- English version coming up for international companies in Finland and for health promotion of working population