

Prevalence of at-risk drinking and harmful alcohol use in a Tertiary University Hospital in Catalonia, Spain.

Beatriz Rosón, M. Pino Alonso, Ana Belén Martínez, Ferran Bolao, Mar Lázaro, Ramón Pujol.

Internal Medicine, Psychiatry Services.
Hospital Universitario de Bellvitge.
L'Hospitalet de Llobregat

Background

- In Spain 6% adult population between 15-65 years drinks more than 60 grams of alcohol per day. (Enquesta domiciliaria sobre drogas, 1999)
- Alcohol use is related to major health problems
- People who misuses alcohol might be over-represented in health care settings
- Lack of data regarding prevalence of at-risk and harmful drinking in hospital setting

Objective

To establish the prevalence of at-risk and harmful drinking in a tertiary hospital inpatient population

Patients and Methods

- **Design:** prospective, observational, cross sectional
- **Setting:** 800-bed University hospital that serves an area of 1 million inhabitants.
 - All medical and surgical specialities
 - Total hospitalizations: 27334
 - Emergency visits: 123236
 - Urgent admissions: 12544 (49%)
 - Occupation index: 84.2



Patients and Methods

- **Population studied:** All adult patients hospitalized for any reason on December 15, 2005.
- **Assessment:** AUDIT-C questionnaire. AUDIT-10 questionnaire was taken in patients who scored over the cut-off (>5 ① and >4 ②).

PATIENTS IN
CONVENTIONAL
HOSPITALIZATION UNITS

INITIAL DATA COLLECTION
DO YOU SOMETIMES DRINK ALCOHOLIC BEVERAGES?

YES

NO

AUDIT-C

NEGATIVE

STOP

POSITIVE
0 > 5 / 1 > 4

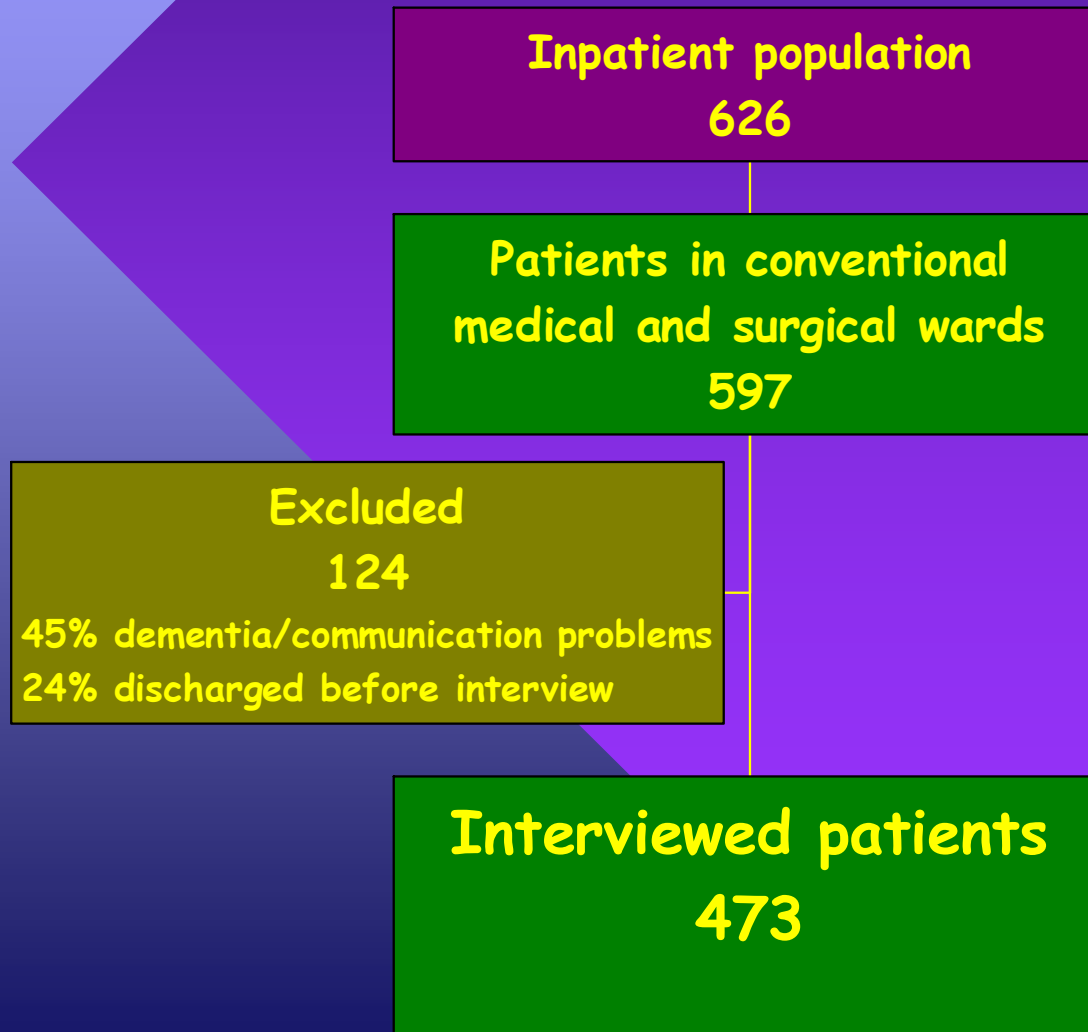
STOP

AUDIT-10
+
CLINICAL EVALUATION

Patients and Methods

- Alcohol use patterns
 - according to AUDIT-10 results and clinical assessments.
 - Abstainers- $AUDIT-C = 0$
 - Low risk drinking- $AUDIT-C > 0$ and $<$ cut-off
 - At risk drinking- AUDIT-10 plus clinical criteria
 - Abuse and dependence-DSM-IV criteria
- Statistical analysis
 - Chi-square
 - independent samples T-test
 - Level of significance 5%.

Study profile



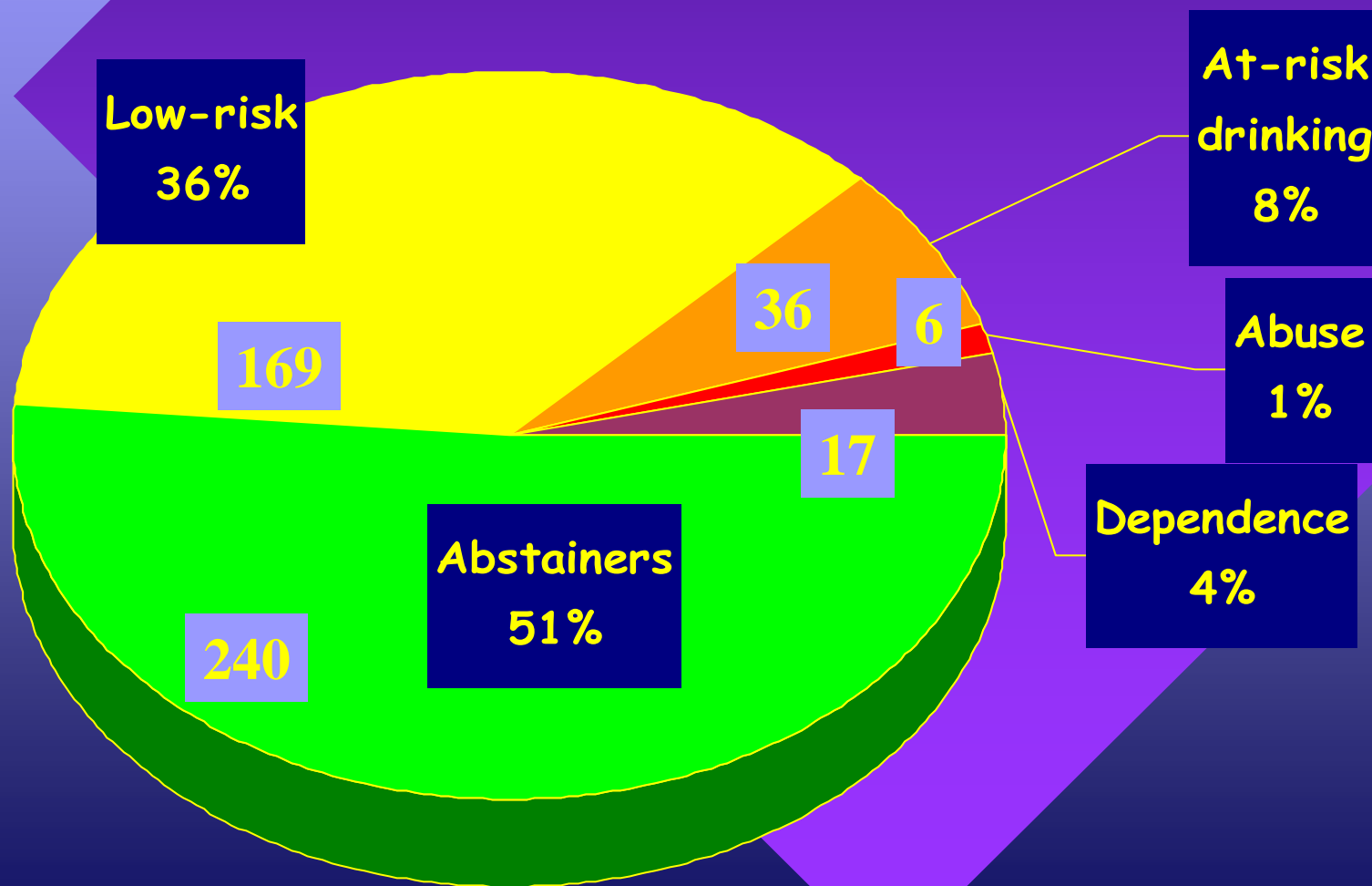
Patients' characteristics

Characteristics	n
Gender, men	263 (56%)
Age yr, $x \pm SD$	64.0 \pm 17.4
Source of admission	
Emergency	298 (63%)
Scheduled	134 (28%)
Unknown	41 (9%)
Type of ward	
Medical	158 (33%)
Surgical	315 (66%)

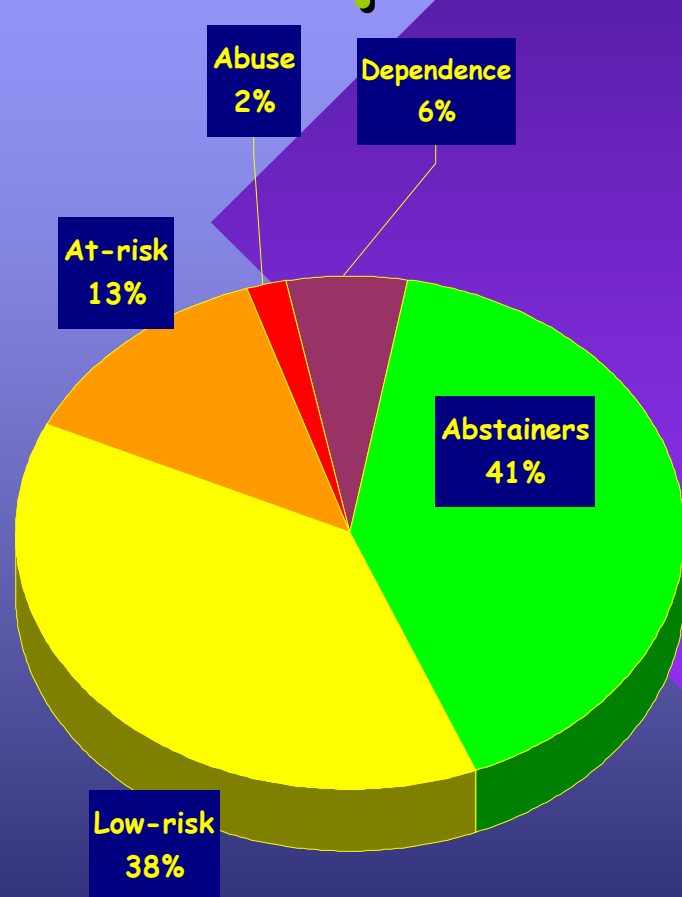
Patients' characteristics

Characteristics	$x \pm SD$	range
AUDIT-C scores	1.9 ± 2.5	0-12
AUDIT-10 scores	2.1 ± 3.7	0-33
Daily Standard drinks consumption	1.2 ± 2.5	0-20
Weekly Standard drinks consumption	7.1 ± 16.8	0-140

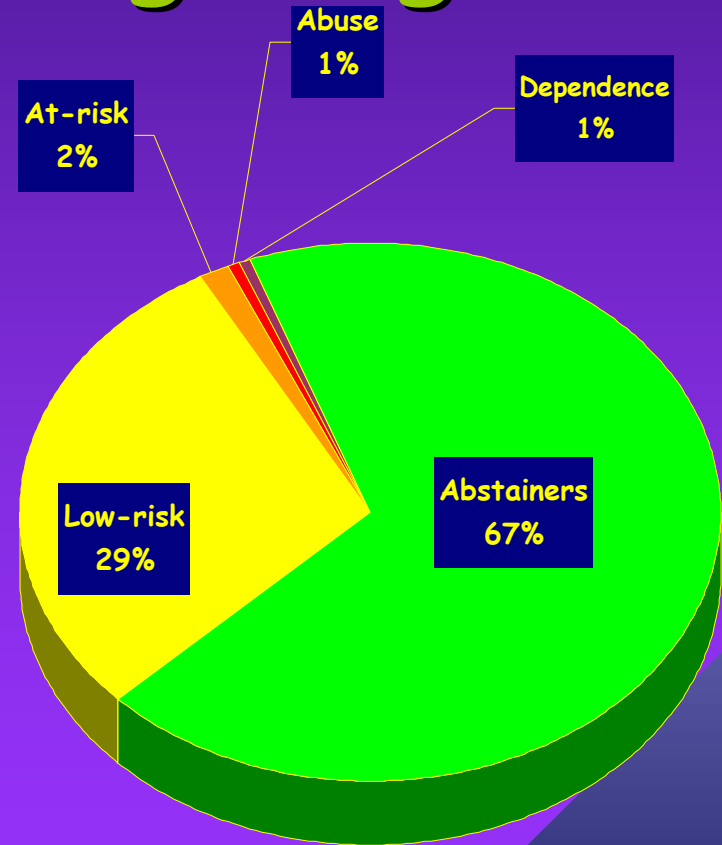
Prevalence of alcohol consumption. HUB-2005



Prevalence of alcohol consumption according to gender

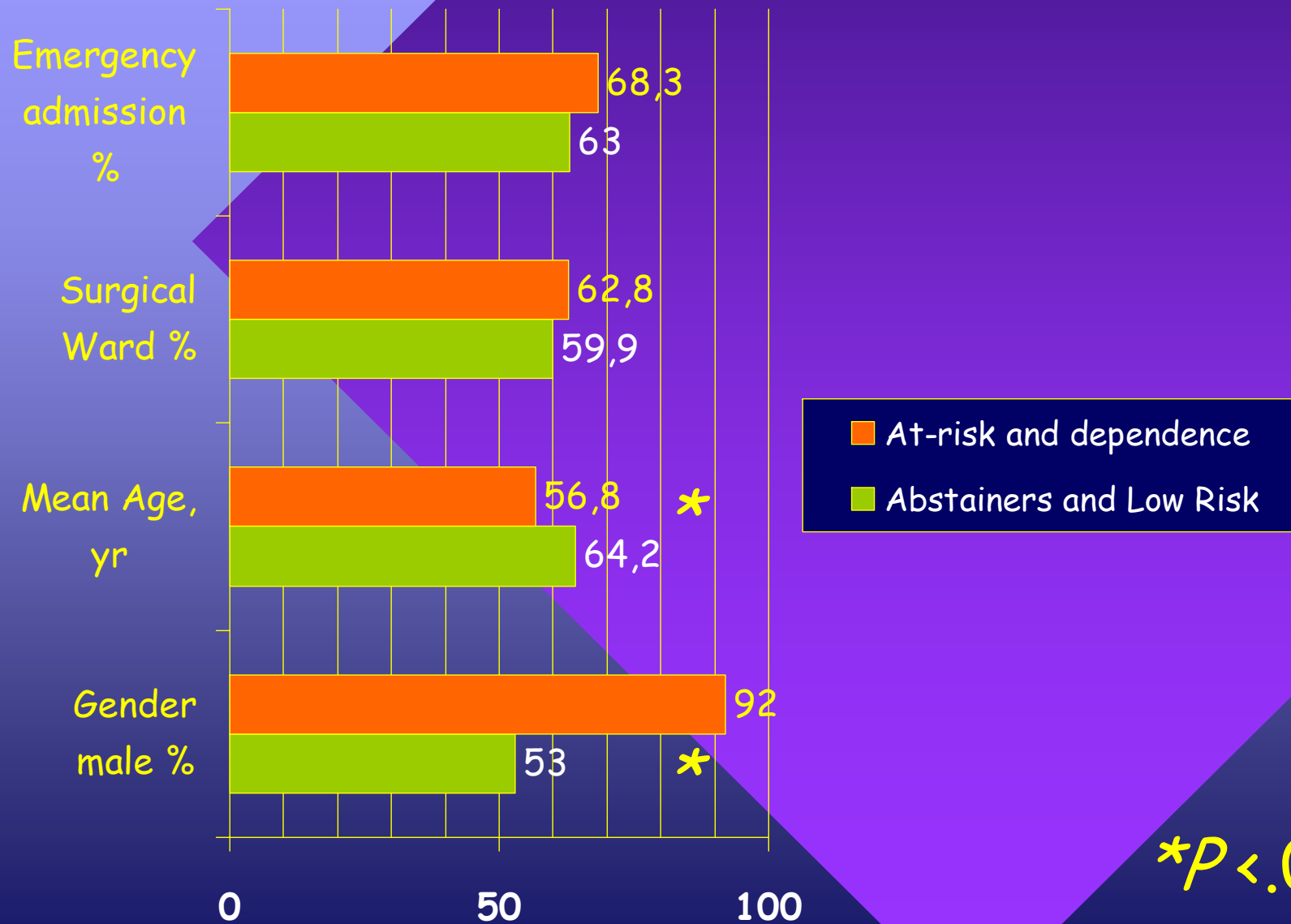


0



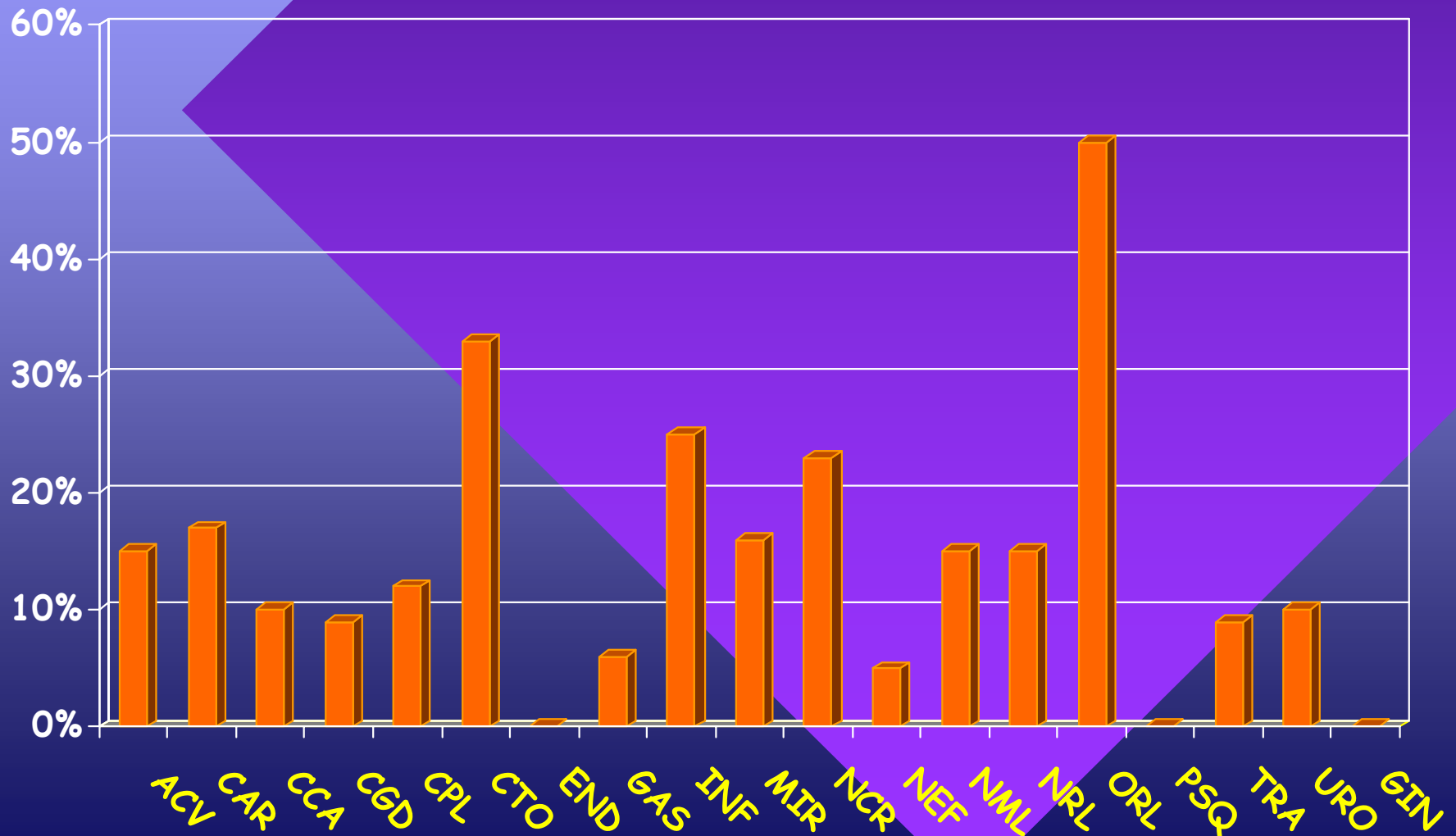
1

Patients' characteristics

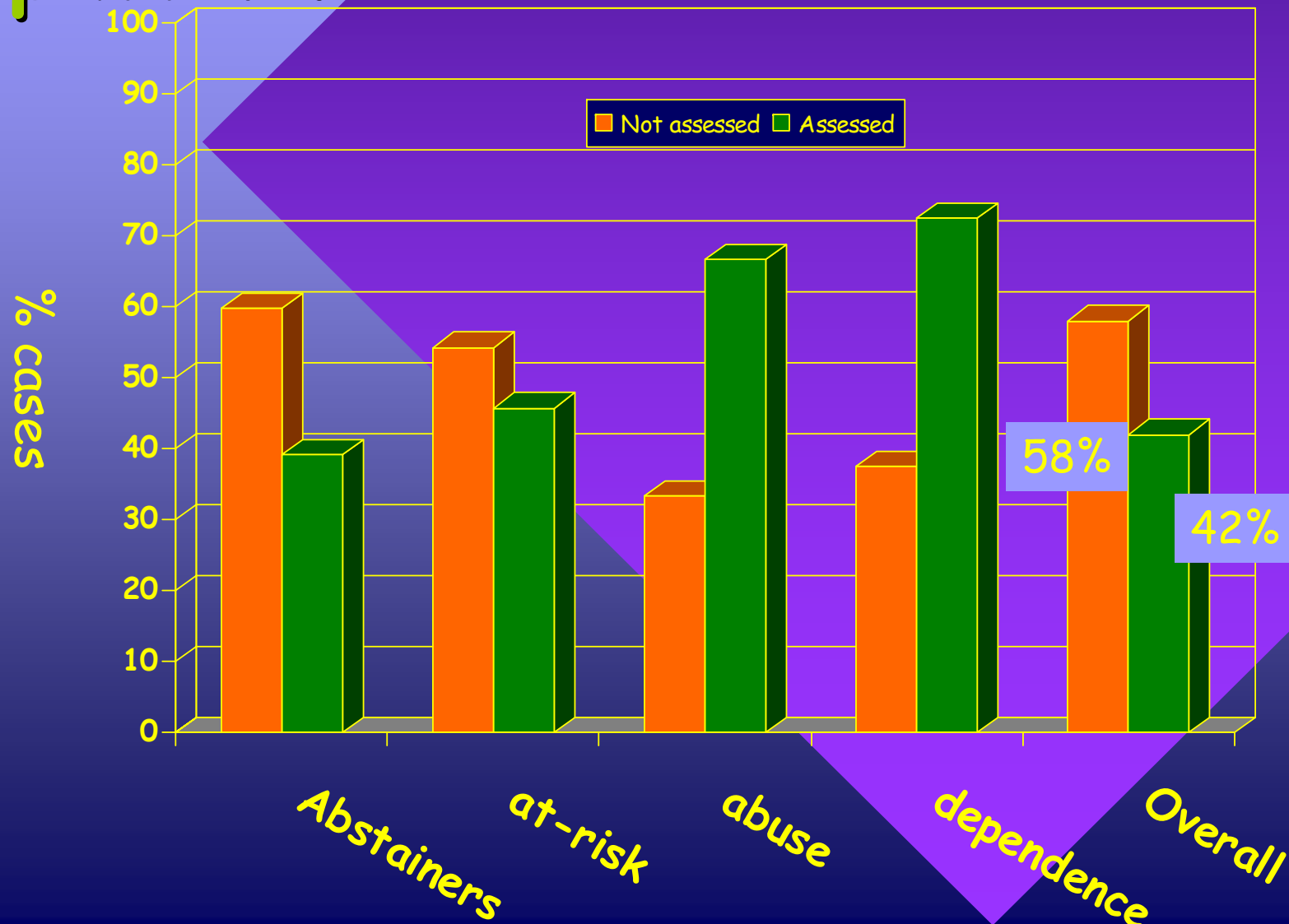


* $p < .05$

Prevalence of harmful drinking in speciality wards



Assessment of alcohol use in inpatients according to drinking pattern



Study drawbacks

- Based mainly on test results, clinical evaluation performed only for dependence and abuse diagnoses. Misclassification of abstainers.
- Limited to one day measure- repeated measures over time may give more accurate results

Conclusions

- In our inpatient population prevalence of alcohol misuse (13%) was higher than in the general population, particularly among males (21%).
- These unhealthy drinking patterns are often not assessed and remain undetected even after hospitalization
- The study outlines the need to perform specific procedures to detect and intervene in this inpatient population