

The XaROH settlement

Network of alcohol reference figures in primary health care settings and specialized settings



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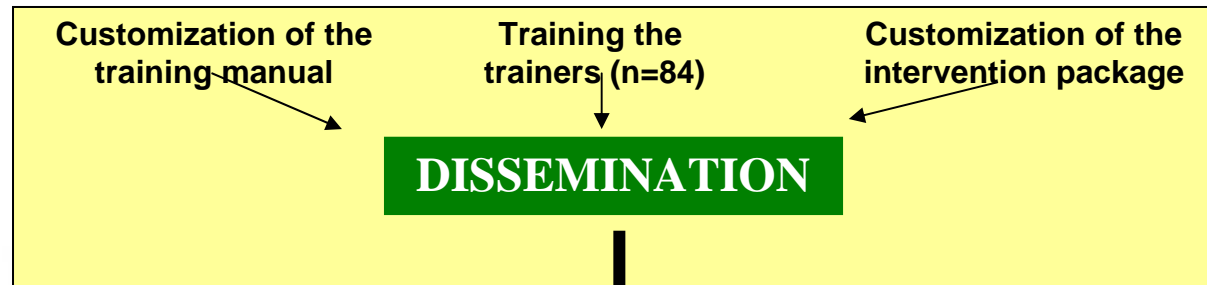
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Generalitat de Catalunya
Departament de Salut

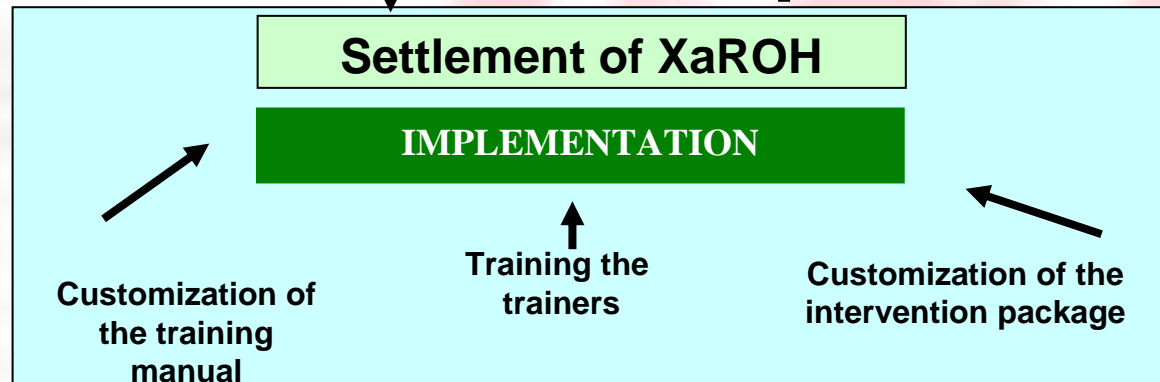
The implementation of the “Beveu Menys” Program ITERATION PROCESS

2002-2005



347 PHC Centres
7915 PHC professionals

2005-2008



XaROH Origin

- PHASE I Qualitative evaluation
 - Focus groups with Primary Health Directors and professionals
 - Meetings with stakeholders (PHC professionals, policy makers, Scientific societies, professional associations, health providers, etc.) during meetings of the Alcohol and Primary Health Group (GAAP)
- Other similar experiences in other health promotion programs (tobacco, hypertension, etc.)

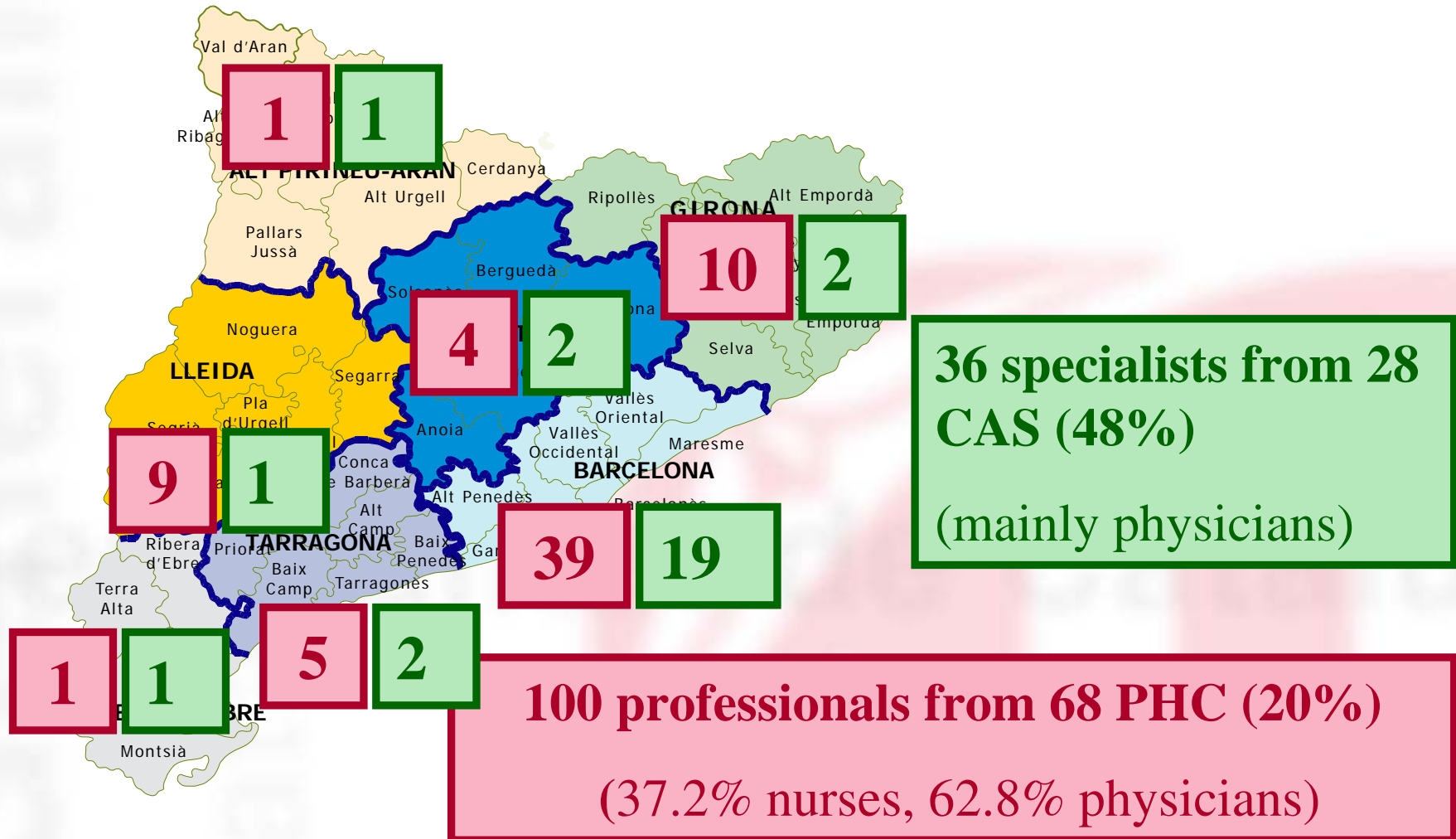
XaROH Objective

- Iteration step towards the “Beveu Menys” program implementation
- To empower PHC teams to overcome the difficulties in introducing and mantaining EIBI strategies in daily work.
- Improvement of the alcohol prevention activities in each PHC and drug addiction treatment settings

XaROH Recruitment

- Result from the first phase (natural involvement most motivated professionals)
- Communication through letter to all PHC directors
- Regular communication through the bulletins
- Presentations and posters in conferences and meetings
- Invitation to specific training-the-trainer 10-hour courses
- Inclusion and adaptation of the initiative to the public health system reform and mental health policy
- **AT LEAST 1 PROFESSIONAL FROM EACH PHC AND ADDICTION CENTRE BY THE END OF 2008 (400)**

XaROH Members



XaROH Activities

- Facilitate continuous medical education of its members
- Facilitate sharing experiences (online and in situ)
- Promote coordination between PHC and drug addiction centers and professionals
- Promote participation in scientific meetings and conferences (posters, oral presentations, etc.)
- Promote action research

CME strategies

- **Training the trainers (4 per year):**
 - XaROH members as trainers
 - Provide them with the necessary skills to continuously train the PHC team
 - Alcohol specialist as a supporting figure, especially for the management of alcohol dependents
 - Encourage the use of SBI tools in daily clinical work among their colleagues
 - Mental Health Support team will also be trained
- **Continuous thematic trainings (3 per year)**
 - Training on specific topics and sharing experiences

Trainings and thematic meetings

	Dates	Number professionals
1st workshop training the trainers PHC (10 h)	6 oct. & 15 nov. 2005	32
2nd workshop training the trainers PHC (10 h)	20 oct. & 22 nov. 2005	35
Workshop training the trainers Specialists Centers (5 h)	26 jan 2006	31
3rd workshop training the trainers PHC (10 h)	27 april 2006	11
Annual nurses training (10 h)	May 2006	10
XaROH Thematic Meeting (5 h)	8 jun 2006	61
4th workshop training the trainers PHC (10 h)	27 sept 2006	10
XaROH Thematic Meetings (5 h)	30 nov 2006	30??
Related meetings: Motivational Interview (10 h)	14-15 nov 2006	25??

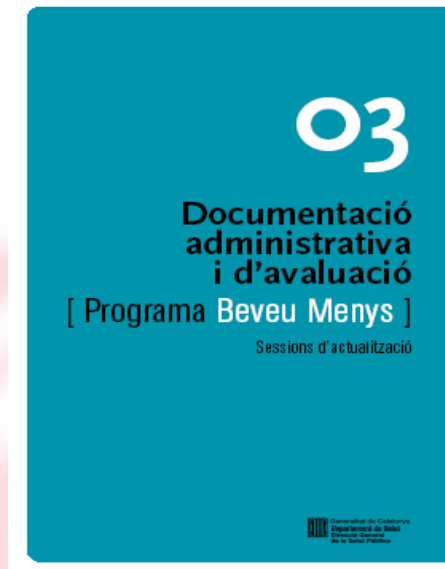
The training packages



**Guidelines for
trainers**



**Work documents
for trainees**



**Administrative
and evaluation
documents**

New courses in PHC settings: structure and contents

- Part 1:
 - Theoretical aspects about Early Identification and Brief Intervention of the Hazardous and Harmful Drinking . By the PHC Alcohol Referent

- Part 2:
 - Clinical cases about Hazardous and Harmful Drinking . By the PHC Alcohol Referent

By the PHC professional

New courses in PHC settings: structure and contents

- Part 3:
 - PHC intervention criteria and Specialist Drug Center referrals in alcohol dependence
 - Detoxification
 - Pharmacological treatment of alcohol dependence
 - Motivational approach with alcohol dependent patients
 - Motivational approach with the family of the alcohol dependent patient
 - Clinical cases of the PHC
 - Working a clinical example case

By the drug addiction specialist

New courses in PHC settings

Actually...



- 8 PHC centers
- 3 Drug Treatment centers

XaROH Evaluation

XaROH members

- Attitudes
- Knowledge
- Behaviour
- Needs

Courses

- Trainers perception
- Participants
- Implementation Agreement

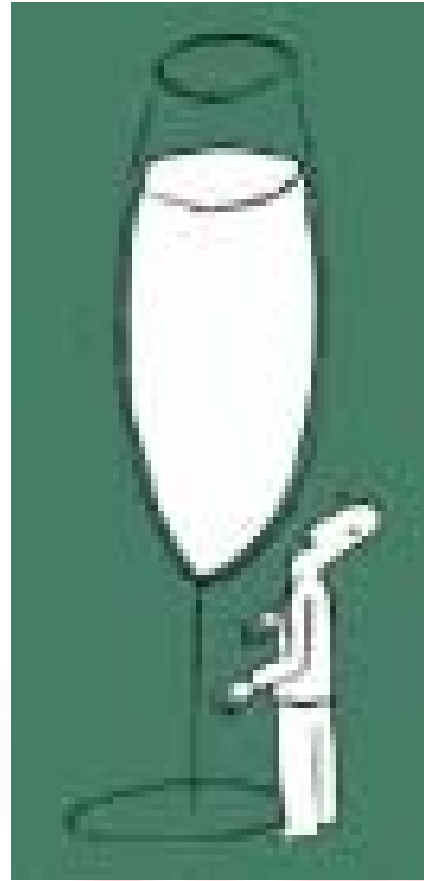
Strenghts

- Results from a participative process
- Takes into account the differences of each center and professionals' needs
- Prevention promoted from inside the PHC centers
- Continuos training adapted to real settings including own clinical cases.
- Includes a PHC implementation agreement

Weaknesses

- Nation wide project, large number of centers, professionals and stakeholders to be involved
- Big differences between centers, health regions and providers: needs, goals, facilities, different computerized medical records.
- Extreme workload to maintain the network.
- Need more efforts and integration in health system to achieve the recruitment rate planned

<http://www.gencat.net/salut/beveumenys.htm>



Thank you!!!