



# Brief interventions in hospitalized smokers and risky drinkers: Missed Opportunities

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**CLÍNIC**

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**WHO recommends the use of screening and brief interventions (SBI) as part of daily clinical practice in smokers and risky drinkers.**

**Hospital settings provide a good opportunity for such interventions, but they are not routinely performed, even in motivated patients.**



**Evaluate the use of screening and brief interventions (SBI) on daily clinical practice in hospital settings.**



# PATIENTS

n = 1324 inpatients		
240 Alcohol SBI	340 Tobacco SBI	744 Alcohol + Tobacco SBI

Average age: 58.7 years old  $\pm$  0.5



52.2%



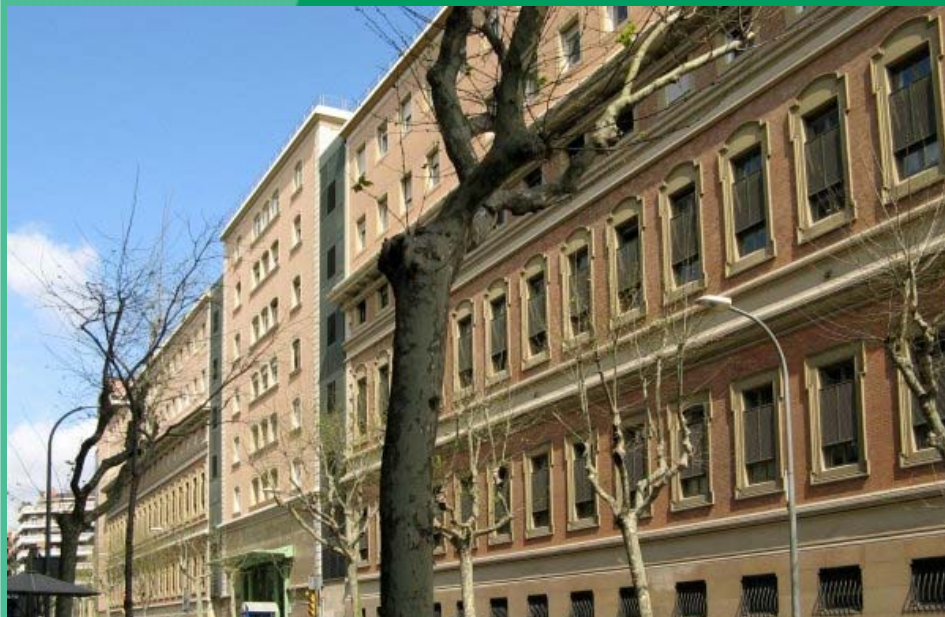
47.8%

Accept	96.3%
Refuse	0.9%
Excluded	2.8%









## Some figures from the Hospital Clinic

- 505 original articles in 2005 (IF: 2.125)
- 60% are in the first quartile of each specialisation
- Annual budget (2005): 33,4 millions of Euros



## PATIENTS

### *SELF-ADMINISTERED QUESTIONNAIRE:*

-  Personal data
-  Alcohol (AUDIT-C) and/or tobacco habits
-  Plans to reduce alcohol/tobacco consumption
-  Received 5 A's from professionals 
-  Other advices or detailed information received

# ALCOHOL



**ALCOHOL**

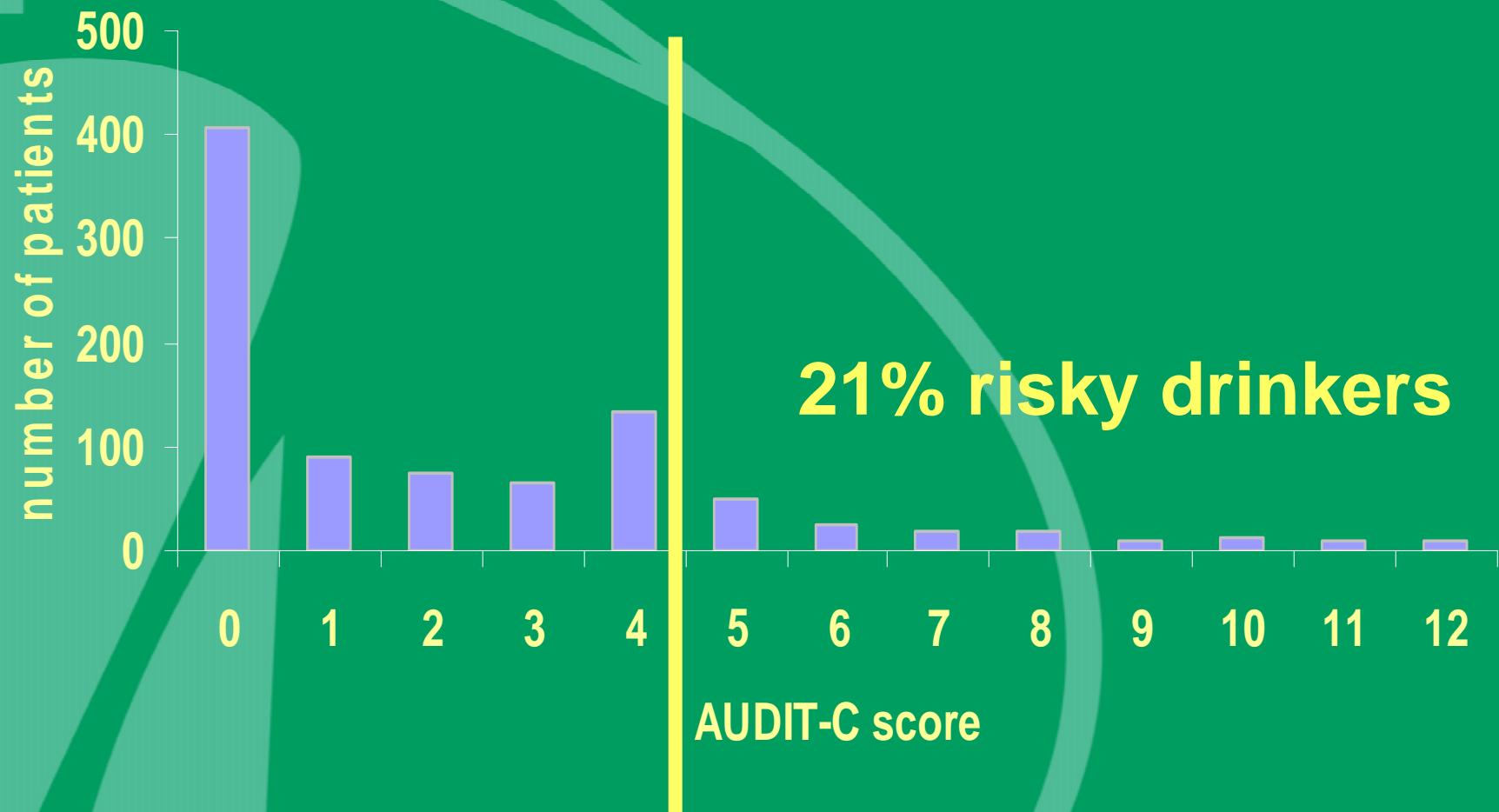
926 inpatients AUDIT-C

1. How often did you have a drink containing alcohol in the past year?
2. How many drinks did you have on a typical day when you were drinking in the past year?
3. How often did you have 6 or more drinks on one occasion in the past year?



**ALCOHOL**

926 inpatients AUDIT-C



**21% risky drinkers**

AUDIT-C score



**ALCOHOL**

926 inpatients AUDIT-C

Intentions to reduce consumption ?  
(at present and in future)



**21% risky drinkers**

**62.6% positive predisposition to change (PPC)**

ALCOHOL

926 inpatients AUDIT-C → 21.1% risky drinkers

Ask 57.4%

ADVICE	45.7%
ASSESS	34.3%
ASSIST	30.0%
ARRANGE	30.0%

ADVICE	26.2%
ASSESS	19.7%
ASSIST	18.0%
ARRANGE	17.2%

6 70.6% found useful or very useful the advice received



ALCOHOL

		Any question about drinking habits?	
		YES	NO
Risky drinker status in medical records?	YES	35.1%	4.1%
	NO	21.6%	39.2%

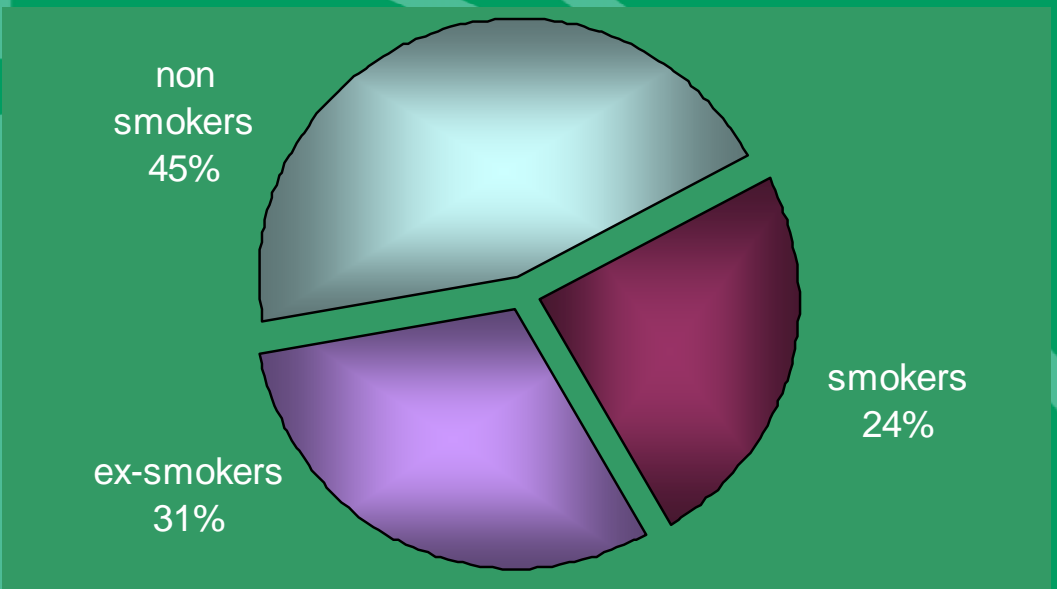


# TOBACCO



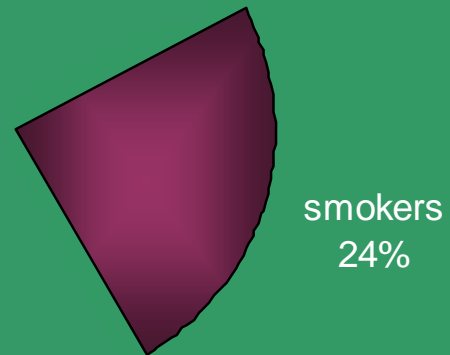
# TOBACCO

n = 1035 inpatients



**TOBACCO**

n = 1035 inpatients → 24% smokers



<b>cigarretes/day</b>	<b>17 ± 0.8</b>
<b>attempts to quit</b>	<b>49.2% ≥ 1 attempt</b>
<b>1st cigarette</b>	<b>51.6% 5 – 29 min wake up</b>

**TOBACCO**

n = 1035 inpatients → 24% smokers

**Intentions to reduce consumption ?  
(at present and in future)**



**52.8% positive predisposition to change (PPC)**



**TOBACCO**

n = 1035 inpatients → 24% smokers

**Ask** 54.5%

ADVICE	65.3%
ASSESS	36.1%
ASSIST	12.9%
ARRANGE	9.8%

ADVICE	40.2%
ASSESS	22.0%
ASSIST	7.4%
ARRANGE	5.6%

tion





**TOBACCO**

		Any question about smoking habits?	
		YES	NO
Smoker status in medical records?	YES	30.4%	15.2%
	NO	30.4%	23.9%
Smoker status in nursing records?	YES	1.1%	2.2%
	NO	60.7%	36.0%



**TOBACCO**

		Any question about smoking habits?	
		YES	NO
Smoker status in medical records?	YES	31.5%	15.7%
	NO	30.3%	22.5%



**TOBACCO**

		Any advise about smoking habits?	
		YES	NO
Any advise in medical records?	YES	0.0%	2.2%
	NO	45.2%	52.7%
Any advise in nursing records?	YES	6.7%	8.9%
	NO	37.8%	46.7%

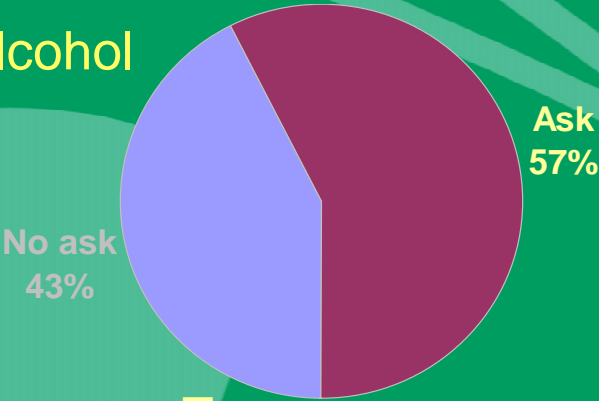


**TOBACCO**

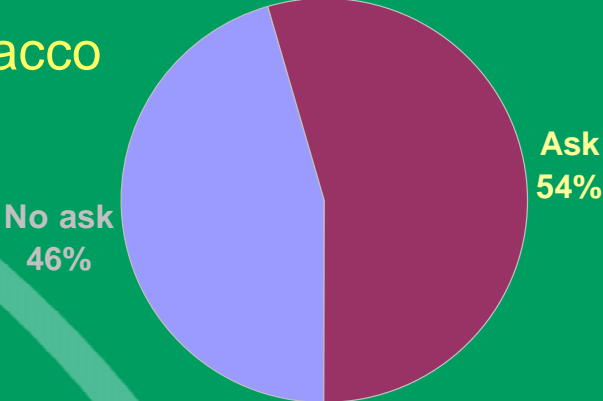
		Any advise about smoking habits?	
		YES	NO
Any advise in medical records?	YES	10.0%	5.6%
	NO	34.4%	50.0%

# ALCOHOL vs TOBACCO

Alcohol



Tobacco





- More than 50% of smokers and risky drinkers show PPC during Hospital stay
- Unfortunately, almost half of them will not receive any kind of intervention :

### **MISSED OPORUNITIES**

- Missed oportunities should become the focus of future efforts in SBI.



**THANK YOU**

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WHO recommends: brief and systematic intervention described in 5 different steps (5 A's):

**ASK and record it**  
**ADVISE**  
**ASSESS**  
**ASSIST**  
**ARRANGE follow up**

WHO. *Evidence based core recommendations for health care systems in Europe.* Partnership Project to Reduce Tobacco Dependence. February, 2001.

