Integrating Substance Abuse Screening and Referral to Treatment into Nursing Curriculum

Julie Fitzgerald PhD, RN, CNE
July 27, 2017
Acknowledgement

• The author would like to gratefully acknowledge funding from Conrad Hilton Foundation for implementation of this project and the students who participated.
Global Alcohol Abuse

• In the year 2012, about **3.3 million deaths**, or 5.9% of all global deaths, were attributable to alcohol consumption.

• There are significant gender differences in deaths attributed to alcohol. In 2012, 7.6% of deaths among males and 4.0% of deaths among females were attributable to alcohol.

• In 2012, 139 million DALYs (disability-adjusted life years), or 5.1% of the global burden of disease and injury, were attributable to alcohol consumption.

• There is also wide geographical variation in the proportion of alcohol-attributable deaths and DALYs, with the highest alcohol-attributable fractions reported in the WHO European Region.

• *From: Global status report on alcohol and health – 2014 ed. World Health Organization*
Alcohol and other Drugs

- **24.6 million** persons in the US were current illicit drug users in 2013.
- **2.2 million** were adolescents (SAMSHA, 2014).
- **1.6 million** adolescents were binge drinkers (SAMSHA, 2014).
- In 2013, **60.1 million** persons age 12 and older were binge drinkers in the past month.

- Prevention and intervention during adolescence may have the greatest impact (Noffsinger & Cooley, 2012)
Excessive Alcohol Intake

- Men: 15 or more drinks in a week
- Women: 8 or more drinks in a week
- Drinking by anyone less than 21 years of age or any pregnant woman.

*Binge Drinking is responsible for over 50% of alcohol related deaths.*

(Stahre, Roeber, Kanny, Brewer, & Zhang, 2014)
Spectrum of Psychoactive Substance Use

Casual/Non-problematic Use
- recreational, casual or other use that has negligible health or social effects

Chronic Dependence
- use that has become habitual and compulsive despite negative health and social effects

Beneficial Use
- use that has positive health, spiritual or social impact:
- e.g. medical pharmaceuticals; coffee/tea to increase alertness; moderate consumption of red wine; sacramental use of ayahuasca or peyote

Problematic Use
- use that begins to have negative consequences for individual, friends/family, or society
- e.g. impaired driving; binge consumption; harmful routes of administration
GAP in Nursing Knowledge

• Few nurses taught to screen and intervene for substance abuse (Finnell, 2012)

• Substance Abuse Brief Intervention and Referral to Treatment (SBIRT) is evidence-based strategy that uses motivational interviewing to reduce risk (Tanner-Smith & Lipsey, 2015)

• Nurses and nursing students need education in SBIRT to identify problems early (Finnell et al., 2014)
<table>
<thead>
<tr>
<th>Study</th>
<th>Results- conclusions</th>
<th>Reference</th>
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</thead>
<tbody>
<tr>
<td>Meta-analysis</td>
<td>• Brief interventions reduced drug and alcohol use as well as problem and criminal behaviors related to substance use in adolescents</td>
<td>Carney &amp; Myers, 2012</td>
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<tr>
<td>Meta-analysis</td>
<td>• Brief interventions to address alcohol misuse was associated with reduced alcohol use and presence of alcohol-related problems</td>
<td>Tanner-Smith &amp; Lipsey, 2015</td>
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<tr>
<td>Literature review</td>
<td>• SBIRT may be effective with adolescents but further study is needed</td>
<td>Mitchell et al, 2013</td>
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</table>
| Primary care computerized screening and brief advice | • lower past-90-day alcohol use and any substance use at 3 and 12 months  
• 44% fewer adolescents who had not yet begun drinking had started drinking during the 12 month study period                              | Harris et al, 2002         |
| Community health center                         | • decrease in marijuana use  
• lower perceived prevalence of marijuana use and fewer friends using marijuana                                                                                                                            | D’Amico et al., 2008      |
| Emergency department                            | • decrease in marijuana use and greater abstinence at 12 months                                                                                                                                                    | Bernstein et al., 2005    |
• **Brief Intervention (BI):** a behavioral change strategy that is short in duration and that is aimed at helping a person reduce or stop a problematic behavior.

• **Motivational Interviewing (MI):** a method of communication that is focused on the adolescent or young adult’s concerns and perspectives and works to enhance their internal desire, willingness and ability to change by exploring and resolving co-existing and opposing feelings about changing...
## TIPS: Integrating SBIRT into Curriculum

<table>
<thead>
<tr>
<th></th>
<th>2015-2016</th>
<th>2016-2017</th>
<th>Total</th>
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<tbody>
<tr>
<td>Generic BSN</td>
<td>79</td>
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<td>MSN</td>
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<tr>
<td><strong>Total Nursing</strong></td>
<td>132</td>
<td>133</td>
<td>265</td>
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Education:

• SBIRT for adolescents: Ireta Online Program
Kognito Online Simulation

SBI with Adolescents:

An interactive role-play simulation where health professionals build and assess their skills in conducting substance use Screening & Brief Intervention (SBI) with adolescent patients and providing referrals to treatment when appropriate.

Participants receive scores can do multiple attempts.
Core Skills

Open Questions
Affirmations
Reflections
Summaries

On a scale of 0 to 10, how IMPORTANT is it for you right now to change?

0 1 2 3 4 5 6 7 8 9 10
Not at all Extremely
Important
Important

On a scale of 0 to 10, how CONFIDENT are you that you could make this change?

0 1 2 3 4 5 6 7 8 9 10
Not at all Extremely
Confident
Role Play in Classroom

Background:
Ella is a 20-year old living at home with family. She is working on getting her GED.

She drinks 6 shots of hard liquid on Saturday nights and smokes marijuana two times a week.

PROVIDER
- Asks permission
- Decisional Balance
- Feedback
- Readiness Ruler
- Negotiate Action Plan
- Summarize and Thank
- Follow up and referrals as needed
Results

• Students increased knowledge and self-efficacy.
• During simulations students spontaneously began “change talk” when in scenario background
• Positive feedback from employers
• 250 nursing students proficient in motivational interviewing and SBIRT
• Motivational interviewing helpful with multiple behaviors
References


