

# Using Simulation to Teach SBIRT in Undergraduate Nursing

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## BACKGROUND

- **3.3 million deaths** annually from “harmful use of alcohol” (WHO, 2014).
- WHO goal is a **10% reduction in the “harmful use of alcohol”** by 2025 (WHO, 2014).
- Use of the evidence-based **Screening, Brief Intervention, and Referral to Treatment (SBIRT)** in all settings by registered nurses could reduce at-risk alcohol use.
- Education of nursing students in the SBIRT approach is **lacking and not consistently included** in undergraduate education.
- Simulation, an effective teaching strategy (Hayden et al., 2014), could be utilized for delivery of SBIRT education.



## DESCRIPTION OF SIMULATIONS

- 2 existing simulations intended to address other health issues were modified to allow for practical incorporation of SBIRT.
- Faculty members incorporated the appropriateness of using SBIRT in “real-life” patients who seek care for a problems other than alcohol use.
- Debriefing allows students the opportunity to make decisions in the referral process for the patient after they have completed the screening.



### Simulation #1

- Junior-level simulation
- Post-partum mother is experiencing depression and stress
- Students use motivational interviewing and the 3-question pre-screen for alcohol

### Simulation #2

- Senior-level simulation
- Patient presents with chest pain
- Students perform the 3-question pre-screen for alcohol

## SIGNIFICANCE TO NURSING

- Incorporating SBIRT into multiple simulations helps with learning repetition and allows students to recognize the **applicability of the screening in multiple settings with a wide variety of patient populations.**
- **Undergraduate nursing students will be equipped** to utilize motivational interviewing to provide SBIRT to patients in a variety of settings who are seeking care for a variety of medication issues.

## CONCLUSION

- **25% of population misuses alcohol** (CDC, 2014)
- Only 4% of the population suffers from a “true” addiction problem (CDC, 2014)
- **Many missed opportunities** with the larger at-risk population that uses alcohol in ways that increase their own health risks/increase risks of harm to others
- **Exposure to SBIRT using real-life scenarios enhances the education** of undergraduate nursing students
- Engagement of nurses in all setting may **improve patient screening and/or outcomes**

## REFERENCES:

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