



Screening and Brief Interventions

Prepared by: Mutaawe Rogers

Email: mutaawe2@yahoo.com

www.uydel.org

Training Goals

- Increase participant's knowledge of screening and brief intervention concepts and techniques.
- Help participants develop skills to use the Alcohol Use Disorder Identification Test (AUDIT) and CAGE.
- Help the participants understand the components of brief interventions.

10 risk factors for disease globally

- Underweight
- Unsafe sex
- High blood pressure
- Tobacco consumption
- Alcohol consumption
- Unsafe water, sanitation & hygiene
- Iron deficiency
- Indoor smoke from solid fuels
- High cholesterol
- Obesity

What is Screening?

- A range of evaluation procedures and techniques to capture indicators of risk.
- A preliminary assessment that indicates probability that a specific condition is present.
- A single event that informs subsequent diagnosis and treatment

Benefits of Screening

- Provides opportunity for education, early intervention.
- Alerts provider to risks for interactions with medications or other aspects of treatment.
- Offers opportunity to engage client further.
- Has proved beneficial in reducing high-risk activities for people who are not dependent.

Rationale for screening and brief intervention

- Alcohol abuse problems are widespread in Uganda.
- Substance abuse problems are associated with significant morbidity and mortality.
- Early identification and intervention can help reduce alcohol use problems.

Types of screening tools

- Self report (self administered questionnaires)
- Breathalyzer testing
- Blood alcohol levels
- Saliva or urine testing

Characteristics of a good screening tool

- Brief (10 or fewer questions)
- Flexible
- Easy to administer, easy for client
- Addresses alcohol, & other drugs
- Quick to administer and get immediate results.
- Indicates need for further assessment or intervention
- Has good sensitivity and specificity

Sensitivity and specificity

- Sensitivity refers to the ability of a test to correctly identify those people who actually have a problem, e.g., “true positives”
- Specificity is a test’s ability to identify people who do not have a problem, e.g., “true negatives”
- Good screening tools maximise sensitivity and reduce “false positives”.

Brief Screening Instruments

- AUDIT
- CAGE
- TWEEK
- ASSIST
- CRAFFT

AUDIT

- Was developed by the WHO.
- Method of screening for excessive drinking and to assist in brief assessment.
- It can help in identifying excessive drinking as the cause of the presenting illness.
- It also provides a framework for intervention to help hazardous and harmful drinkers reduce or cease alcohol consumption.

AUDIT Cont'd

- 10 questions - Can identify problem use and dependence
- Used with adults / adolescents / young adults
- Highly sensitive for many different populations
- Interview, self-administered, and computerised versions
- Validated cross-culturally; translated into many languages



AUDIT

Participants take self administered AUDIT
test

Domain & item content AUDIT

Domains	Question Number	Item Content
Hazardous Alcohol Use	1	Frequency of drinking Alcohol Use
	2	Typical quantity
	3	Frequency of heavy drinking
Dependence Symptoms	4	Impaired control over drinking
	5	Increased salience of drinking
	6	Morning drinking
Harmful Alcohol Use	7	Guilt after drinking
	8	Blackouts
	9	Alcohol related injuries
	10	Others concerned about drinking

CAGE

- 4 questions (yes / no)
- To detect hazardous drinking
- Asks about need to cut down, signs of dependence & related problems
- Self administered , interview
- Popular in primary care settings
- Sensitive screen overall, but less sensitive for women

CAGE Questions

- Have you ever felt you should **C**ut down on your drinking?
- Have people **A**nnoyed you by criticizing your drinking?
- Have you ever felt bad or **G**uilty about your drinking?
- Have you ever taken a drink first thing in the morning (**E**ye-opener) to steady your nerves or get rid of a hangover?

Tips for Screening

- Use a non-judgemental, motivational approach
- Do not use stigmatizing language
- Embed screening questions in larger assessment of health habits.

Brief Interventions (BIs)

- Brief interventions (BIs) in primary care settings are beneficial for alcohol and other drug problems.
- Brief advice (5 minutes) is just as good as 20 minutes of counselling, making it very cost effective
- BIs extend services to individuals who need help, but may not seek it through substance abuse service agencies

Components of Brief

Interventions

- **FRAMES**” stands for the components of effective brief intervention:
- **Feedback** is given to the individual about personal risk or impairment.
- **Responsibility** for change is placed on the client .
- **Advice** to change is given by the provider.
- **Menu** of alternative self-help or treatment options is offered to client.
- **Empathic** style is used in counseling.
- **Self-efficacy** or optimistic empowerment is engendered in the client.

Who can administer screening and BIs

- Primary care physicians
- Substance abuse treatment clinicians
- Emergency department staff members
- Nurses
- Social workers
- Mental health workers
- Health educators

More Information

- Project CORK: www.projectcork.org
- National Centre for Education and Training on Addiction. Consortium:
www.nceta.flinders.edu.au/
- NIAAA: www.niaaa.nih.gov



Thank you and Break