Check Tools: Access insights for ultra-brief interventions for alcohol and drug use

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Introduction:
Brief interventions typically include feedback on substance use and health-related harms, identification of high risk situations, simple advice about how to cut down, strategies that can increase motivation to change behaviour, and the development of a personal plan.¹,² There is a good evidence base for brief interventions across age ranges ³-⁶ and in a range of settings.¹, ⁷-⁹ Whilst the evidence base is focused heavily on alcohol,¹⁰,¹¹ brief interventions can still be used for patients using a range of other substances.¹²

Abstract body text:
Insight's Check Tools are ultra-brief intervention tools designed for use by GPs, hospital staff, generalist health, community service workers, specialist mental health and AOD treatment workers who are conducting initial appointments, drug diversion sessions and/or opportunistic engagement with patients.¹³

Six ultra-brief intervention handouts were developed (for methamphetamines, alcohol, cannabis, opioids, benzodiazepines and one for relapse prevention).¹⁴-¹⁹ Between 1 January 2020 and 31 December 2020, there were 5029 unique page views in brief interventions toolkit and the 12 months before that, there were also 5060 unique page views. This suggests that interest in brief intervention tools did not waiver during the COVID-19 emergency.

Discussions and Conclusions:
Interest in ultra-brief interventions for alcohol and drug use did not significantly reduce during the COVID-19 emergency. Clinicians remain interested in being able to have conversations with consumers about their alcohol and drug use.

Disclosure of Interest Statement:
No conflict of interests to declare.

References: