

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

JEFF BUCKLEY<sup>1,2</sup>, DR HOIYAN KAREN LI<sup>1,2</sup>, MICHELLE TAYLOR<sup>1,2</sup>, SAMANTHA CLARK<sup>3</sup>

<sup>1</sup>Insight: Centre for alcohol and other drug training and workforce development, Queensland Health, Brisbane, Australia, <sup>2</sup>Metro North Hospital and Health Service, Queensland Health, Brisbane, Australia, <sup>3</sup>Metro South Addiction and Mental Health Services, Metro South Health, Queensland Health, Brisbane, Australia.

Presenter's email: [jeff.buckley@health.qld.gov.au](mailto:jeff.buckley@health.qld.gov.au)

### 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.<sup>1, 2</sup> There is a good evidence base for brief interventions across age ranges<sup>3-6</sup> and in a range of settings.<sup>1, 7-9</sup> Whilst the evidence base is focused heavily on alcohol,<sup>10, 11</sup> brief interventions can still be used for patients using a range of other substances.<sup>12</sup>

### 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.<sup>13</sup>

Six ultra-brief intervention handouts were developed (for methamphetamines, alcohol, cannabis, opioids, benzodiazepines and one for relapse prevention).<sup>14-19</sup> 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:

1. Kaner EFS, Beyer FR, Muirhead C, Campbell F, Pienaar ED, Bertholet N, et al. Effectiveness of brief alcohol interventions in primary care populations. Cochrane Database of Systematic Reviews. 2018;2(2):CD004148.doi: 10.1002/14651858.CD004148.pub4
2. Blow FC, Barry KL, Walton MA, Maio RF, Chermack ST, Bingham CR, et al. The efficacy of two brief intervention strategies among injured, at-risk drinkers in the emergency department: impact of tailored messaging and brief advice. Journal of Studies on Alcohol and Drugs. 2006;67(4):568-78.doi:
3. World Health Organization. Screening and brief interventions for hazardous and harmful alcohol use: WHO; 2012 [cited 2019 6 March]. Available from: [https://www.who.int/mental\\_health/mhgap/evidence/resource/alcohol\\_q1.pdf?ua=1](https://www.who.int/mental_health/mhgap/evidence/resource/alcohol_q1.pdf?ua=1).
4. Tanner-Smith EE, Lipsey MW. Brief alcohol interventions for adolescents and young adults: A systematic review and meta-analysis. Journal of Substance Abuse Treatment. 2015;51:1-18.doi: 10.1016/j.jsat.2014.09.001

5. Gordon AJ, Conigliaro J, Maisto SA, McNeil M, Kraemer KL, Kelley ME. Comparison of consumption effects of brief interventions for hazardous drinking elderly. *Substance Use & Misuse*. 2003;38(8):1017-35.doi: 10.1081/JA-120017649
6. Berks J, McCormick R. Screening for alcohol misuse in elderly primary care patients: A systematic literature review. *International Psychogeriatrics*. 2008;20(6):1090-103.doi: 10.1017/S1041610208007497
7. BISTAIRS Research project. The BISTAIRS Project, "Brief interventions in the treatment of alcohol use disorders in relevant settings" Hamburg: European Union; [cited 2019 6 March]. Available from: [http://www.bistairs.eu/material/LV\\_BISTAIRS\\_report.pdf](http://www.bistairs.eu/material/LV_BISTAIRS_report.pdf).
8. O'Donnell A, Wallace P, Kaner E. From efficacy to effectiveness and beyond: What next for brief interventions in primary care? *Frontiers in psychiatry*. 2014;5:113.doi: 10.3389/fpsy.2014.00113
9. Kane I, Mitchell AM, Aiello J, Hagle H, Lindsay D, Talcott KS, et al. Screening, brief intervention, and referral to treatment education for emergency nurses in 5 hospitals: Implementation steps and hurdles. *Journal of Emergency Nursing*. 2016;42(1):53-60.doi: 10.1016/j.jen.2015.07.011
10. WHO Brief Intervention Study Group. A cross-national trial of brief interventions with heavy drinkers. *American Journal of Public Health* [Internet]. 1996 [cited 2019 28 March]; 86(7):[948-55 pp.]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1380435/>.
11. Rodgers C. Brief interventions for alcohol and other drug use. *Australian Prescriber*. 2018;41:117-21.doi: 10.18773/austprescr.2018.031
12. Centre for Substance Abuse Treatment. Screening for substance use disorders. 1997 [cited 2019 21 March]. In: A guide to substance abuse services for primary care clinicians (Treatment Improvement Protocol (TIP) Series, No 24) [Internet]. Rockville: Substance Abuse and Mental Health Services Administration (US), [cited 2019 21 March]. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK64820/>.
13. Insight Centre for AOD Training and Workforce Development. Video explanation of Insight's Check Tool series 2019 [cited 2019 13 September]. Available from: <https://www.youtube.com/watch?v=eXMVA2YH8N0&feature=youtu.be>.
14. Insight Centre for AOD Training and Workforce Development. Alcohol check: Ultra brief intervention tool Brisbane: State of Queensland (Department of Health); 2018 [cited 2019 28 Mar]. Available from: <https://www.insight.qld.edu.au/shop/393-alcohol-check-ultra-brief-intervention-tool-insight-2018>.
15. Insight Centre for AOD Training and Workforce Development. Benzo check: Ultra brief intervention Brisbane: Queensland Health; 2018 [cited 2019 28 March]. Available from: <https://www.insight.qld.edu.au/shop/390-benzo-check-ultra-brief-intervention-tool-insight-2018>.
16. Insight Centre for AOD Training and Workforce Development. Cannabis Check: Ultra brief intervention tool 2018 [cited 2019 28 March]. Available from: <https://insight.qld.edu.au/shop/392-cannabis-check-ultra-brief-intervention-tool-insight-2018>.
17. Insight Centre for AOD Training and Workforce Development. Meth Check: Ultra brief intervention tool 2018 [cited 2019 28 March]. Available from: <https://www.insight.qld.edu.au/shop/meth-check-ultra-brief-intervention-tool-insight-vers-20-2018>.
18. Insight Centre for AOD Training and Workforce Development. Opioid Check: Ultra brief intervention tool 2018 [cited 2019 28 March]. Available from: <https://www.insight.qld.edu.au/shop/391-opioid-check-ultra-brief-intervention-tool-insight-2018>.
19. Insight Centre for AOD Training and Workforce Development. Stay on course Brisbane, QLD2019 [cited 2019 27 June]. Available from: <https://insight.qld.edu.au/shop/stay-on-course-coping-with-cravings-insight-2020>.