

**Best Practices
Prevention & Early Intervention**

Screening, Brief interventions & Referral to treatment



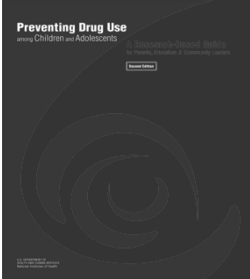
What you will Learn

- Current Best Practice Approaches for preventing substance abuse.
- SBIRT as public health policy
- Motivational Interviewing & Stages of Change Model
- Nursing Roles and Responsibilities in Prevention of Substance Abuse

The Current Situation

<p>In 2011, 19.9 million Americans were current illicit drug users.</p> <p>Prescription drug abuse is the fastest growing drug problem in America.</p> <p>Between 1998 & 2008 the rate of opioid misuse increased 400%.</p>	<p>Opioid overdose is now the second-leading cause of accidental death in America, exceeded only by car crashes</p> <p>•In 2008, WV had the highest rate of prescription drug overdose deaths in the U.S.</p>
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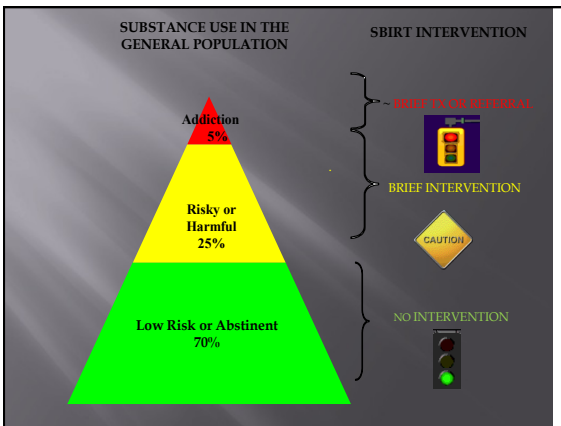
Prevention Science



- **Programs**
 - Factors
 - Enhance Protective Factors
 - Target All forms of drug use & be culturally Sensitive.

Preventing Substance Abuse in Adult Populations

- **Prevention**
 - Primary Prevention
 - Secondary Prevention
 - Tertiary Prevention
- **Universal / Selective / Indicated**



What is SBIRT?

1. Paradigm shift from traditional view of substance abuse interventions
2. Views Substance Abuse as a public health issue and focus on risk reduction as well as abstinence
3. Focus on identifying “misuse” early and providing brief interventions
4. Is comprehensive in it’s approach

Screening Brief Interventions Referral to treatment



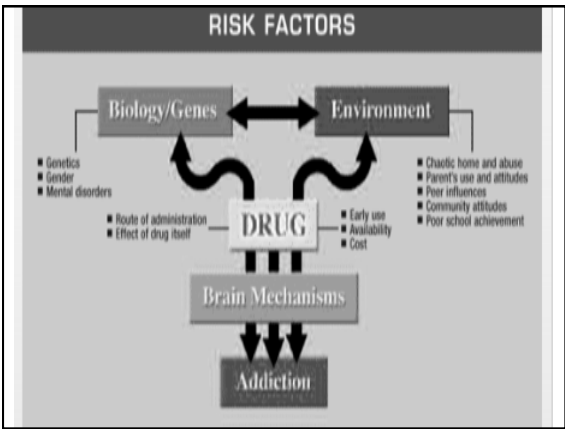
- Low Intensity, Short Duration
- Range from Brief Advice to several
- Intended to provide early intervention

Why screen for substance misuse and provide interventions

- emotional, and interpersonal problems are associated with illicit drug use.
- Financial difficulties and legal, work, and family problems can all result from or be exacerbated by drug abuse.
- to others
 - Cardiovascular disease
 - Stroke
 - Cancer
 - STD’s
 - Anxiety
 - Depression
 - Sleep problems

Screening Promotes Early Identification

Late Stage Addiction is more challenging to treat..
Just as late stage cancer is much harder to treat.
Screening Provides an opportunity for Early Identification & Early Intervention



Have the Conversation

10-15 minute interventions

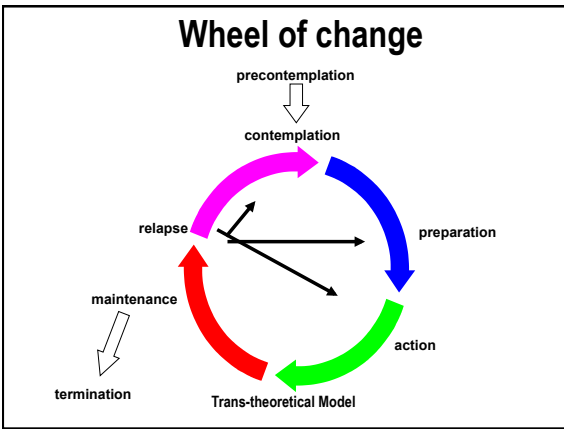
4 Components:

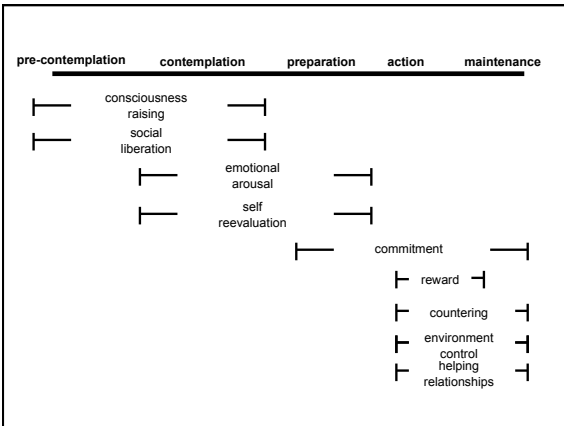
1. Raise the Subject
2. Provide Feedback
3. Enhance Motivation
4. Develop a Plan

- FRAMES
- Feedback
- Responsibility
- Advice
- Menu of Options
- Empathy
- Supporting person's sense of self efficacy

Motivational Interviewing basics

- What is Motivational Interviewing?**
 a semi-directive, client centered conversation for eliciting behavior change by helping people to explore and resolve ambivalence about change.
- Collaboration** – Working in Partnership
- Evocation** – Learning from the person
- Autonomy** – Person is responsible for own change





More About the MI Philosophy

Empowers people to take ownership of their own health management by:

- Providing information respectfully
- Partnering
- Supporting sense of self-efficacy
- Places patient in role as the expert regarding how to change their behavior

Basic Assumptions of MI

- fluctuates with time and situations.
 - Motivation can be increased through interaction.
 - The process of making a change often includes mixed feelings*
- *Ambivalence is a normal part of the change process.

Motivational Interviewing

- The task of the practitioner is to:
 - Tap into the person's potential for change
 - Guide the natural change process already within the individual
 - Impart hope, belief in, and confidence that the person can make desired changes.

dance 

- avoid direct persuasion
- avoid unsolicited advice
- respect the status quo

don't wrestle 

Duel Expertise .. 

Core Motivational Interviewing Strategies

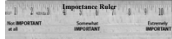
- O.A.R.S.
 - Open-Ended Questions
 - Affirmations
 - Reflections
 - Summarizations
- importance X confidence = readiness

Ambivalence Change...

- and Finding the Potential for Change...
 - *"drink so much. I often feel a bit fuzzy the next day, and sometimes I forget things that I need to do. But drinking helps me relax at the end of the day, and it helps me forget my pain."*
- Reflections to Address Ambivalence and Promote Change
 - *"without alcohol, you might feel better."*
 - *"Drinking alcohol gets in the way of you, doing things that you need to do."*
 - *"You're worried that if you don't do something about your drinking, you might forget something really important."*
 - *"You're in a lot of pain and need to find a way to make things better."*

Importance and Confidence Rulers

Importance



- **How important** would you say it is to cut back or quit using?
- Why did you pick a ___ and not a (lower number)?
- What concerns do you have about your use?

Confidence



- **If you were to decide right now to cut back, how confident are you that you could succeed?**
- Why did you pick a ___ and not a (lower number)?
- What would help you to have a higher number?



Assess Ambivalence

Reducing or Stopping Using	Pros (Good Things)	Cons (Downsides)
Using the Same	It helps me relax I can forget my pain	I forget things that I need to do. Makes me tired; Lack energy and motivation
Changing Use	Would not forget things Would feel better Have more energy	I would feel more pain I would be bored or have nothing to do in the evenings. All guys drink

Effective Brief Interventions

1. Elicit values and goals
2. Explore discrepancies between current behavior and future aspirations
3. Tailor feedback and advice to address concerns and needs
4. Use reflections and summaries to respond to the person's reasons for considering change target behavior.
5. Identify steps he or she would take, who would help him/her, obstacles and how he/she would know the plan is working.
6. Use Importance/ Confidence Readiness Ruler to elicit and reinforce change talk.
7. Monitor person's progress with plan

An Opportunity for Nurses

- Nurses Care for more patients than any other healthcare providers.
- Nurses are the eyes and ears of healthcare.
- Nurses are in the best position to help reduce this public health epidemic.
- Education is a key factor in shifting this culture of misuse and abuse of prescription drugs.
