

# Best Practices Prevention & Early Intervention

Screening, Brief interventions & Referral to treatment

The logo for WVSBIRT features the acronym in bold black text, centered between two light blue, swoosh-like graphic elements that curve around the text.

**WVSBIRT**

West Virginia Screening Brief Intervention and Referral

# 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

In 2011, 19.9 million Americans were current illicit drug users.

Prescription drug abuse is the fastest growing drug problem in America.

Between 1998 & 2008 the rate of opioid misuse increased 400%.

Opioid overdose is now the second-leading cause of accidental death in America, exceeded only by car crashes

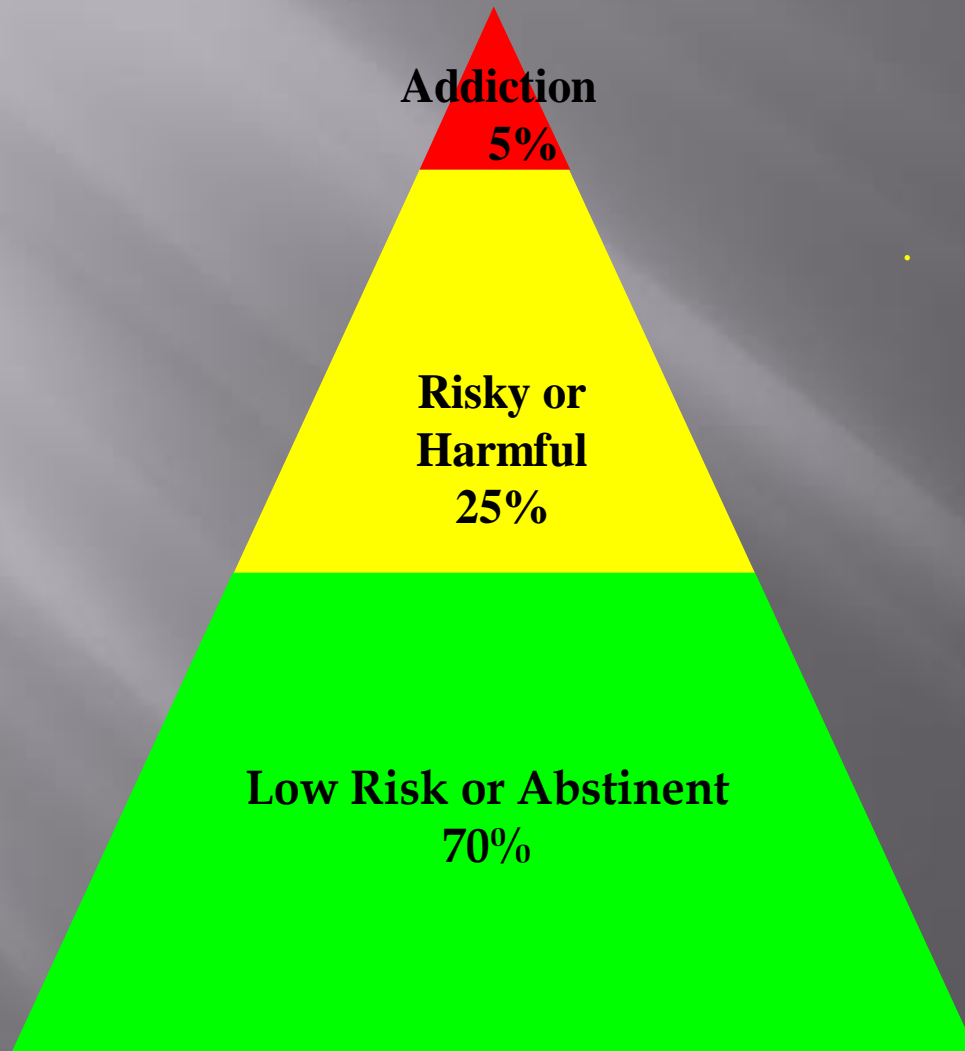
- In 2008, WV had the highest rate of prescription drug overdose deaths in the U.S.

# Preventing Substance Abuse in Adult Populations

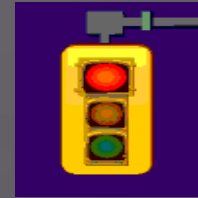
- Prevention
  - Primary Prevention
  - Secondary Prevention
  - Tertiary Prevention
- Universal / Selective / Indicated

# SUBSTANCE USE IN THE GENERAL POPULATION

# SBIRT INTERVENTION



~ **BRIEF TX OR REFERRAL**



**BRIEF INTERVENTION**



**NO INTERVENTION**



# 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

The logo for WVSBIRT features the acronym 'WVSBIRT' in a bold, black, sans-serif font. Below the acronym, the full name 'West Virginia Screening Brief Intervention and Referral' is written in a smaller, lighter font. The text is centered and framed by two light blue, swoosh-like shapes that curve around it.

**WVSBIRT**

West Virginia Screening Brief Intervention and Referral

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

# Why screen for substance misuse and provide interventions

- Multiple physical health, 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.
- Personal Injury or injury to others
- Cardiovascular disease
- Stroke
- Cancer
- STD's
- Anxiety
- Depression
- Sleep problems



# 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?

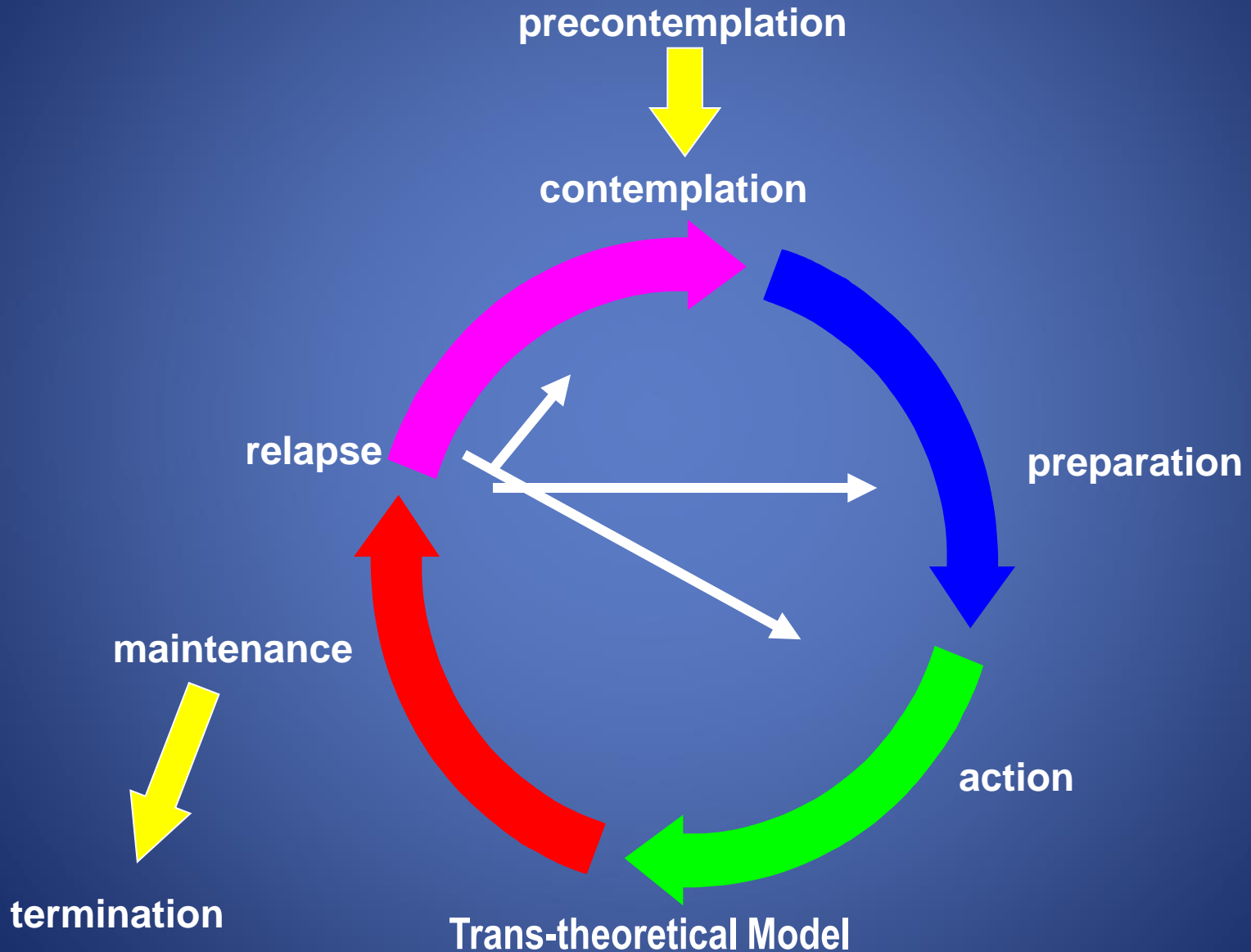
a semi-directive, client centered conversation for eliciting behavior change by helping people to explore and resolve ambivalence about change.

**Collaboration** – Working in Partnership

**Evocation** – Learning from the person

**Autonomy** – Person is responsible for own change

# Wheel of 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



**The stages of getting out of bed in the morning...**

# Basic Assumptions of MI

- Motivation is a state of readiness to change that 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

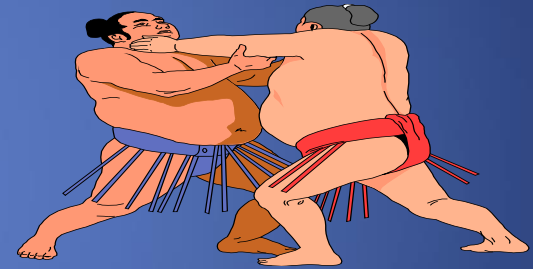
- The task of the practitioner is to:
  - Tap into the person's potential for change
  - Guide the natural change process already within the individual
  - Impart hope, belief in, and confidence that the person can make desired changes.

# dance



# don't wrestle

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



Duel Expertise ..





# Core Motivational Interviewing Strategies

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

# Ambivalence .... Change...

- Identifying Ambivalence and Finding the Potential for Change...

- *“I know I should probably not 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

*“So if you could find a way to relax without alcohol, you might feel better.”*

*“Drinking alcohol gets in the way of your 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.