



TREATMENT SCHEMES

BRIEF INTERVENTION IN MVC CASUALTIES

Dr A. Rodríguez-Martos

C S B Consorci Sanitari
de Barcelona



Agència
de Salut Pública



BRIEF INTERVENTION

Effectiveness of BI

Reduction in

Alcohol consumption (quantity/frequency) $\geq 25\%$

Heavy drinkers $\geq 45\%$

Binge episodes $\pm 50\%$

shown in PHC



Why in MVC ACCIDENTS?

- Drinkers have more probabilities to be admitted in a A&E
- Trend to repeat alcohol-related MVC
- Window of opportunity / teachable moment
- A&E considered to be in a unique position to screen and intervene on OH consumption



SCREENING & INTERVENTION IN A&E DEPARTMENTS

- Different types of interventions
- *No meta-analysis up to now*

What benefits?

- Reduction in consumption
- Reduction in injuries & hospitalisation
- Reduction of new traffic events



SCREENING & INTERVENTION IN A&E DEPARTMENTS

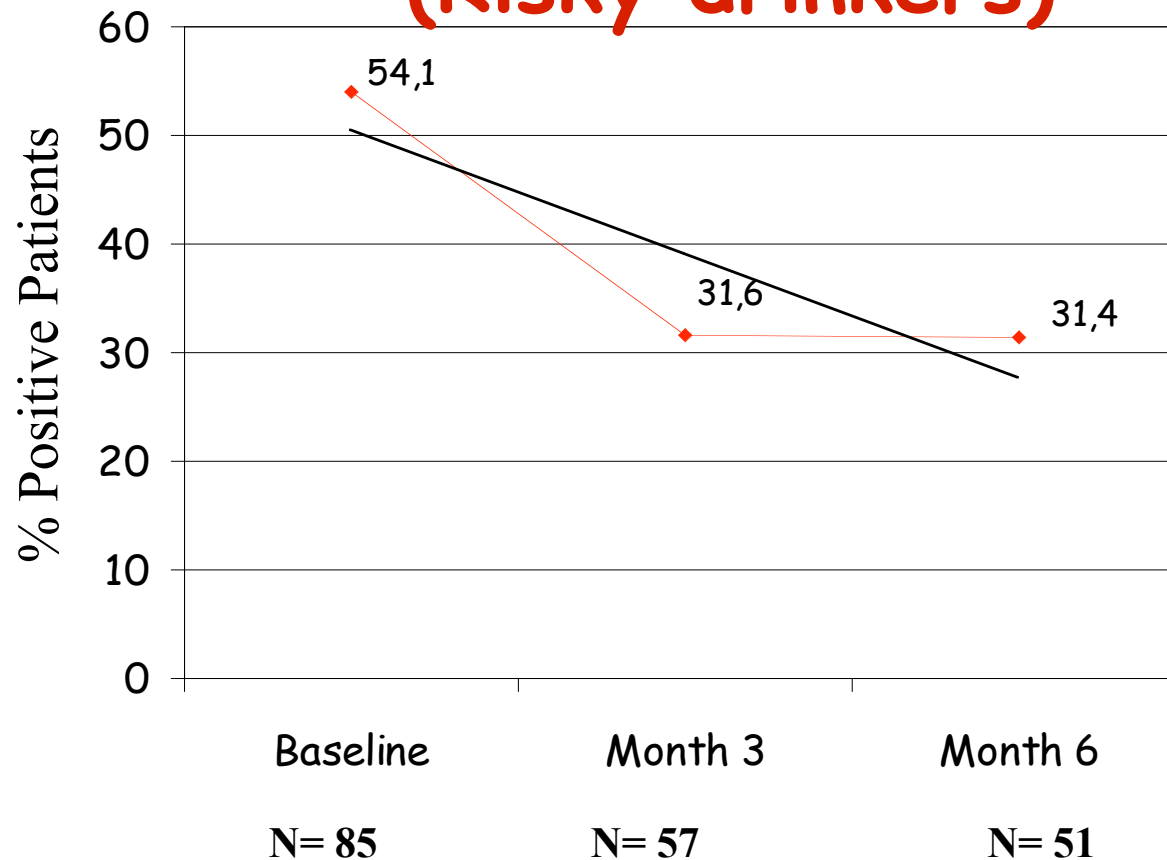
Reduction in consumption:

- Most of the studies show a significant reduction in consumption after the crash, mainly at month 3, but the differences between brief intervention, simple advice or pure control are not always significant.

TREND OF THE PERCENTAGE OF AUDIT-C POSITIVE PATIENTS

(Risky drinkers)

Rodriguez-Martos et al., 2004



- At month 6, half of the earlier AUDIT-C positive patients have become negative. Patients who reduced have halved their intake.



SCREENING & INTERVENTION IN A&E DEPARTMENTS

Reduction depending on readiness to change

- Rodríguez-Martos & al.: 75% of patients were +/- ready to change after the crash
- At month 6 follow-up, there was a *significant relationship* between readiness to change and outcome
- After a MVC, patients might be in a **teachable moment** and profit from any intervention

Readiness to change and outcome (risky drinkers¹ & intake reduction) at month 6

RISKY DRINKERS AT MONTH 6 (N=51)	NOT RISKY Month 6	RISKY Month 6	P
READINESS			
Media	7.30	5.47	
Median	8	6	0.035
REDUCTION AT MONTH 6 (N=51)	REDUCTION	NO REDUCTION	P
READINESS			
Mean	7.53	5.39	0.009
Median	8	6	
BASELINE RISKY DRINKERS WHO BECOME SENSIBLE (N=29)	HAVE BECOME SENSIBLE	HAVEN'T BECOME SENSIBLE	P
READINESS			
Mean	7.64	4.92	0.020
Median	8	5	

¹Risky drinkers according to the AUDIT-C score



SCREENING & INTERVENTION IN A&E DEPARTMENTS

Reduction in injuries & hospitalisation

- Gentilello: at 3 years, significant reduction in injuries (47%) and hospitalisation (48%) for trauma in the intervention group *versus* control
- Monti (TAP): at 1 year, significant reduction in DWI and injuries among adolescents who got the intervention (1 session)*versus* control
- Longabaugh: at 1 year, significant reduction in injuries (36%) among adults who got a BI session + booster *versus* control



BRIEF INTERVENTION IN MVC

Feasibility

Depends on the priority and infrastructure

Effectiveness

MVC casualties can benefit from an easy, cheap intervention

Discussion

A&E departments/outpatient centres might use the teachable moment meant by the accident to provide advice or counselling and trigger a change... in risky behaviour