

# **Alcohol policymaking in the context of a larger Europe**

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## **The German system of rehabilitation of alcohol addiction: A successful way of treatment or late and expensive intervention?**

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**Bundesversicherungsanstalt für Angestellte  
Federal Insurance Institute for Salaried Employees**

**Bridging the Gap  
Warsaw, 16th-19th June  
2004**

# Overview

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- **Health care system for addicted**
- **Actual rehabilitation**
- **Quality assurance programme**
- **Catamnestic data**
- **Future trends and aims for Germany**



# Social Security in Germany

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- **Agencies of health insurance**
- **Pension insurance**
- **Statutory accident insurance**
- **Nursing care insurance**

**responsible: the bearer of the risk**

**Pension insurance: rehabilitation  
before early retirement**



# Scale of the Services

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- **every year 900,000 medical rehabilitations by the Pension insurance**
- **BfA: 25 millions people insured, 8 millions old age pensioners**



# Two Treatment Options

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- **Health insurance:  
detoxification  
and its complications**
- **Pension insurance:  
psychotherapeutical treatment  
and social reintegration**



# Treatment and Other Offers

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- **inpatient treatment, 14,000 places**
- **400 centres, outpatient treatment**
- **brief intervention in surgeries or hospital**
- **outreach centers**
- **harm reduction**
- **substitution (methadone, buprenorphine)**
- **housing**
- **vocational training**
- **8,000 self help groups with 147,000 places**



# Effective Output?

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- **one of the most complex systems of the world, but...**
- **2% of the alcoholics (dependence) every year in rehabilitation treatment**
- **4-5% of the users of hard drugs (dependence) every year in rehabilitation treatment**



# Actual Rehabilitation Treatment for Dependent People in Germany

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## German Pension insurance:

- **51,785 rehabilitations in 2002**
- **19% outpatient setting**

## BfA

- **12,774 rehabilitations**
- **25% outpatient rehabilitation**





# Duration of Treatment

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## **inpatient treatment:**

- **alcohol and drugs: 8-28 weeks**
- **illegal drugs: 8-42 weeks**

## **outpatient treatment:**

- **9-12 months, maximum 18 months,  
with 120 therapeutical sessions**



# Location of Treatment

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- **inpatient and outpatient centres**
- **scientific treatment concept**
- **staffing**
- **layout of rooms**
- **professional qualification**



# Therapeutical Methods

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- **behavioural psychotherapy**
- **psychodynamic psychotherapy**
  
- **psychodrama**
- **Gestalt-therapy**
- **Roger`s person-centered therapy**



# Important Aspects of Therapy

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- **interdisciplinary approach**
- **involvement of the patient**
  - **rehabilitation targets**
  - **individual rehabilitation plan**



# Quality Assurance Programme

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- **running since 1994**
- **established in 1,000 hospitals**
- **quality of**
  - **structure**
  - **process**
  - **outcome**



# Quality of Structure

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- **hospital documentation of**
- **structures (buildings, staff, diagnostics, therapy)**
- **concepts (internal quality assurance, communication, documentation, training, supervision, conceptual orientation)**



# Quality of Process

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## Peer-review:

- **checklist of relevant criteria**
- **manual for the checklist**
- **catalogue with therapy aims**



# Other Instruments

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- **patient questionnaire for process and result of the rehabilitation**
- **regular visitations**
- **internal quality management**





# Results of the Peer-Review 2002

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- **20 discharge letters of every clinic**
- **medical history, diagnostics, therapy goals, planning of therapy, course of treatment, epicrisis, sociomedical assessment, aftercare**



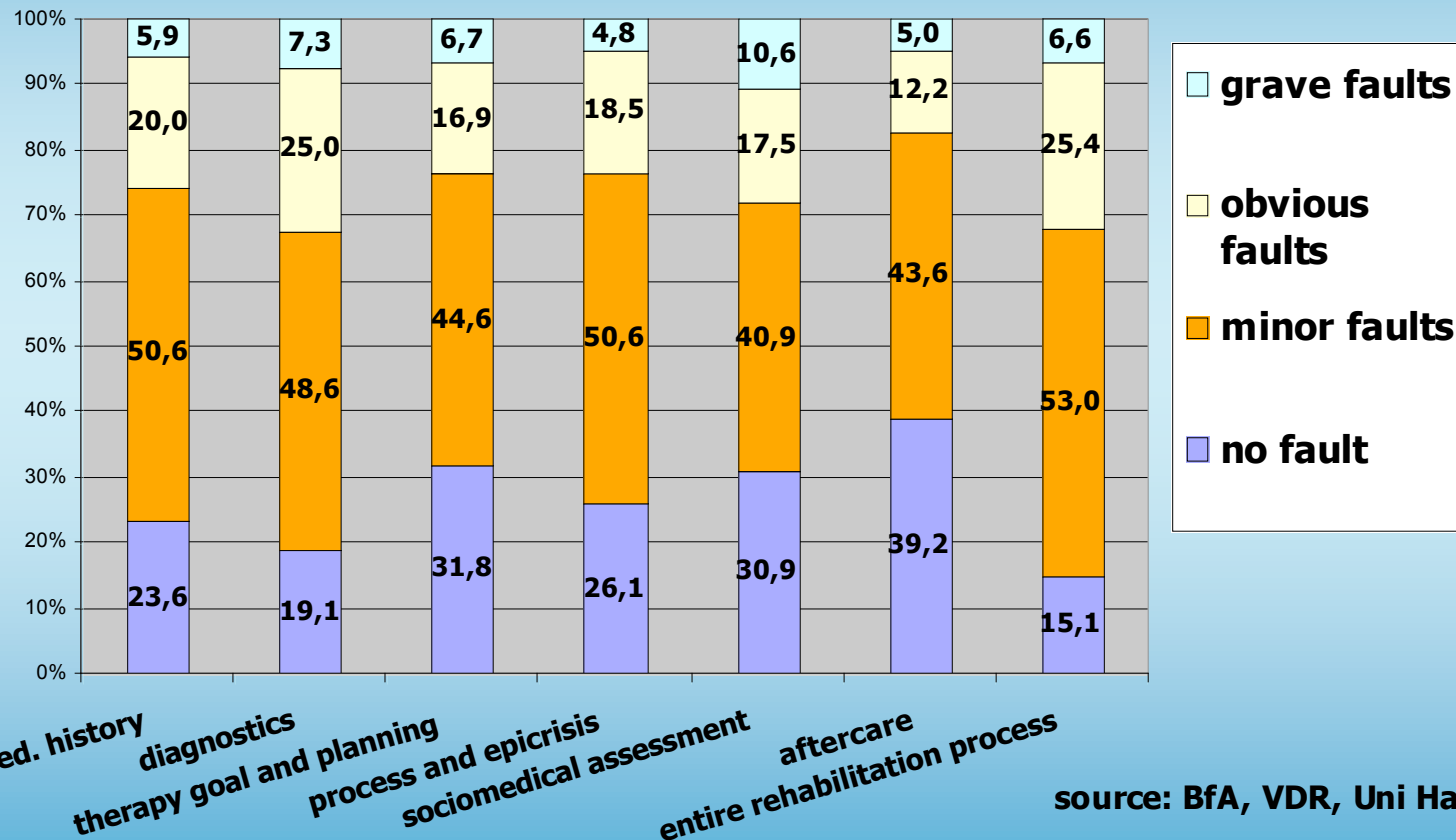
# Peer-Review 2002: Evaluation

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- **67 items**
- **no, minor, obvious or grave faults**
- **general summary**
- **230 clinics**
- **3,372 discharge letters**



# Evaluation of Discharge Letters 2002, Percentages (n=3287-3346)



source: BfA, VDR, Uni Hamburg



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# Evaluation of Discharge Letters 2000-2002

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## Significant positive change:

- **therapy goal and planning**
- **entire rehabilitation process**

source: BfA, VDR, Uni Hamburg



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# Results of the Peer-Review

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- **report with detailed results for every hospital**
- **own results compared to similar hospitals**
- **possibility of using the results for the internal quality management**



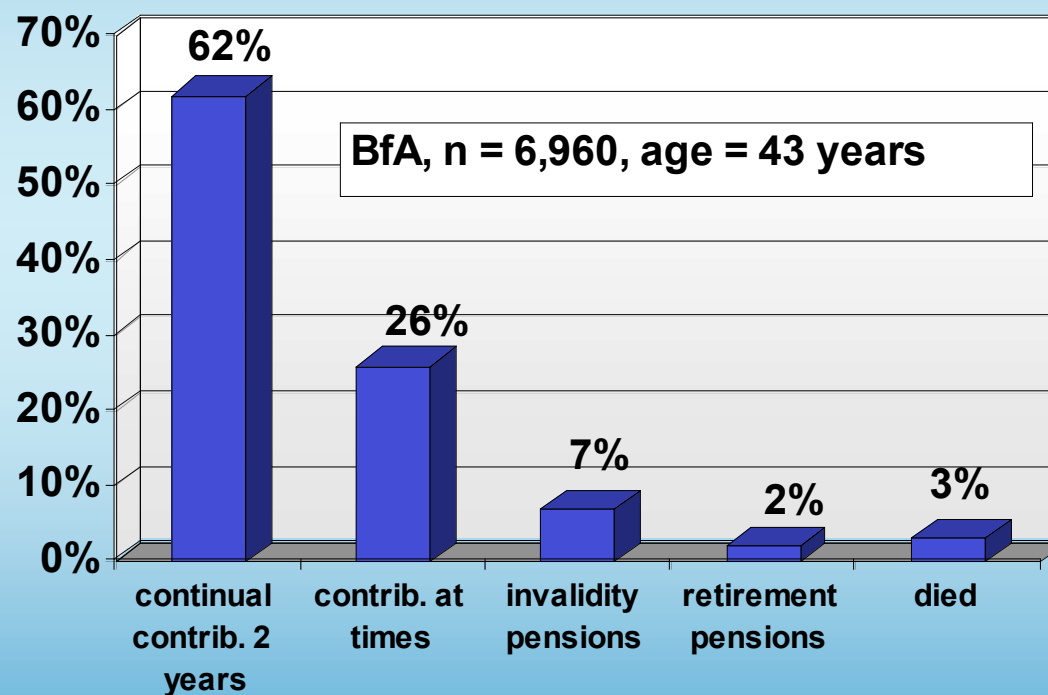
# Catamnestic Data

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- **source: database of rehabilitation statistics (RSD) 1995 – 2002**
- **employment history**
- **payment of contributions**



# Sociomedical Process 2 Years after Inpatient Rehabilitation Alcohol in 2000



source: RSD BfA 1995-2002



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# **Sociomedical Process 2 Years after Inpatient Rehabilitation Alcohol in 2000**

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**88% remain in working life**

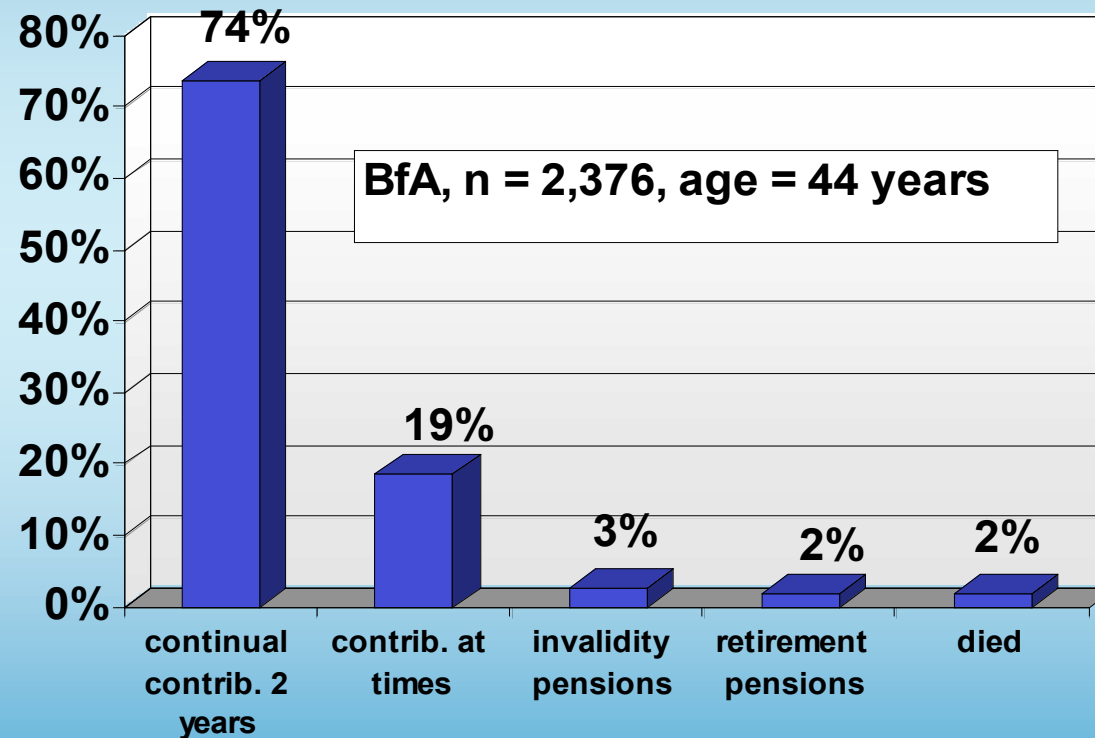
**(62% contributions over 2 years and  
26% contributions at times)**

- **21 of 24 months contribution to the pension insurance**
- **59% employed**
- **34% unemployed**
- **7% certified off sick**





# Sociomedical Process 2 Years after Outpatient Rehabilitation Alcohol in 2000



source: RSD BfA 1995-2002



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# Conclusion

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- **successful inpatient and outpatient rehabilitation of addicted persons**
- **50% abstinent after one year**
- **sociomedical success of vocational integration**



# Future Trends

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- **extension of outpatient treatment**
- **vocational aspects of therapy**
- **European adaptation**
- **open method of coordination (EU)**
  - **guidelines with time schedule**
  - **indicators and benchmarks**
  - **aims and concrete measures**



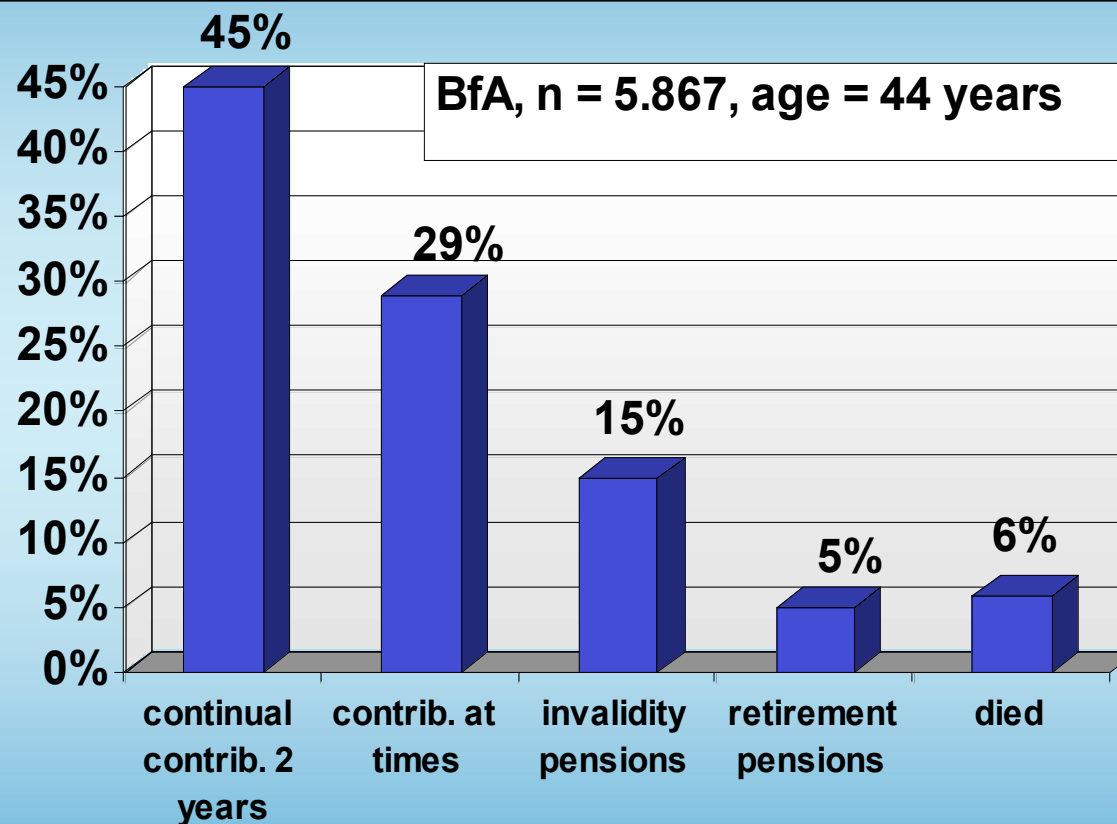
# Aims for Germany

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- **outpatient rehabilitation**
- **early intervention**
- **vocational aspects of therapy**
- **evidence-based guidelines**
- **stronger link between research and practice**



# Sociomedical Process 5 Years after Inpatient Rehabilitation Alcohol in 1997



source: RSD BfA 1995-2002



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