

Computerized brief intervention in a Swedish primary care setting

Alcohol and physical activity

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PHC Project

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A development project in a routine primary health care (PHC) setting, in cooperation with the health care authorities in the region

Started spring 2006



Aim

- To provide a tool to facilitate increased awareness and reflection concerning lifestyle issues, to PHC staff
- To identify hazardous behaviour
- To encourage patients to change hazardous behaviours



Method (1)

- 9 PHC centres were provided with touch- screen computers
- Computers were equipped with a lifestyle test regarding alcohol consumption and physical activity
- The test also includes questions about readiness to change and negative consequences of alcohol consumption



Method (2)

- GPs, nurses or other staff members invite patients to do the test after the normal consultation
- Patients who complete the test receive tailored written advice based upon their answers
- The patient decide whether to discuss the test results with any member of the PHC staff



Dina alkoholvanor enligt livsstilstestet

Din konsumtion är
0 standardglas per vecka

= **låg risk**

Låg risk Ökad risk Hög risk

0-9 glas/v 10-14 glas/v 15 eller fler glas/v

2-3 gånger i månaden dricker du för många
glas vid ett och samma tillfälle.

= **ökad risk**

0-2 ggr per år 1-3 ggr per mån 1 ggr/v eller mer

Ju mindre du dricker desto mindre är risken att råka ut för olyckor eller få problem i familjen, på jobbet eller med hälsan.

Råd

med utgångspunkt från ditt testsvar!

- Du har enligt testet bra alkoholvanor. Fortsätt med det.
- Bra att du har tagit steg i riktning mot en förändring av dina alkoholvanor. Fortsätt!
- Bestäm en tidpunkt för förändring av dina alkoholvanor.
- Du ser att dina alkoholvanor påverkar ditt liv negativt.
- Tänk över dina alkoholvanors betydelse för din hälsa och ditt sociala liv!
- Tänk igenom vad som kan få dig att minska din konsumtion!
- Tänk igenom vad du kan vinna på att ändra dina vanor!
- Enligt testet ser du ingen risk med dina alkoholvanor men ditt svar visar att du dricker på risknivå och du bör därför fundera en gång till över dina vanor.
- Om du dricker mindre än 10 standardglas/vecka har du en låg risk att påverka din och dina relationer negativt.
- Fundera på att minska din veckokonsumtion av alkohol.
- Du bör definitivt inte dricka mer än 15 standardglas/vecka.
- Fundera på att minska ditt berusningsdrickande, genom att dricka mindre än 5 glas vid varje tillfälle. Vartannat glas vatten är ett sätt att minska.

Fråga gärna om dina alkoholvanor vid nästa besök på din vårdcentral!

Antal standardglas varje dryck innehåller

1 standardglas	1.5 standardglas	2 standardglas	3 standardglas
			
Burk folköl, flaska starköl/ starköler, glas vin, 4cl sprit, 33 cl alkoholisk, 8cl sterkvin	Burk starköl/stor stark 5%	Burk starköl 7-8%	Burk starköl 10%

Implementation support

- At least one person at each participating unit is appointed as a contact person between the PHC centre and the research team
- The PHC centres are provided with weekly feedback, including statistics based on the results



Återkoppling Datorbaserad Livsstilsrådgivning

Vårdcentralen

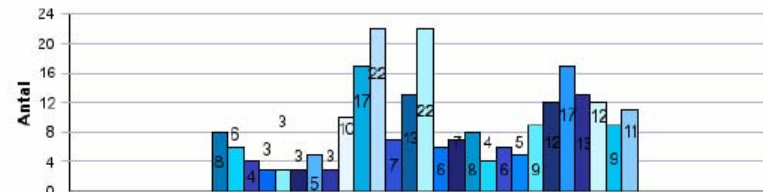
Rapport v. 39



Antal testade denna vecka: 11

Totalt: 245

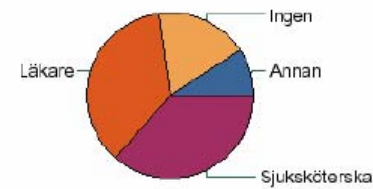
Antal testade vecka för vecka



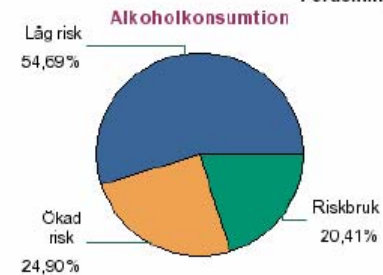
De grupper vårdcentralen valt att hänvisa:

Grupp	Personalkategori
Blodtryck	Läk / Bt-ssk / Diab-ssk
Psyk ohälsa	Läk / Kur

Hänvisad av: (v 39)



Fördelning av samtliga testade



Results

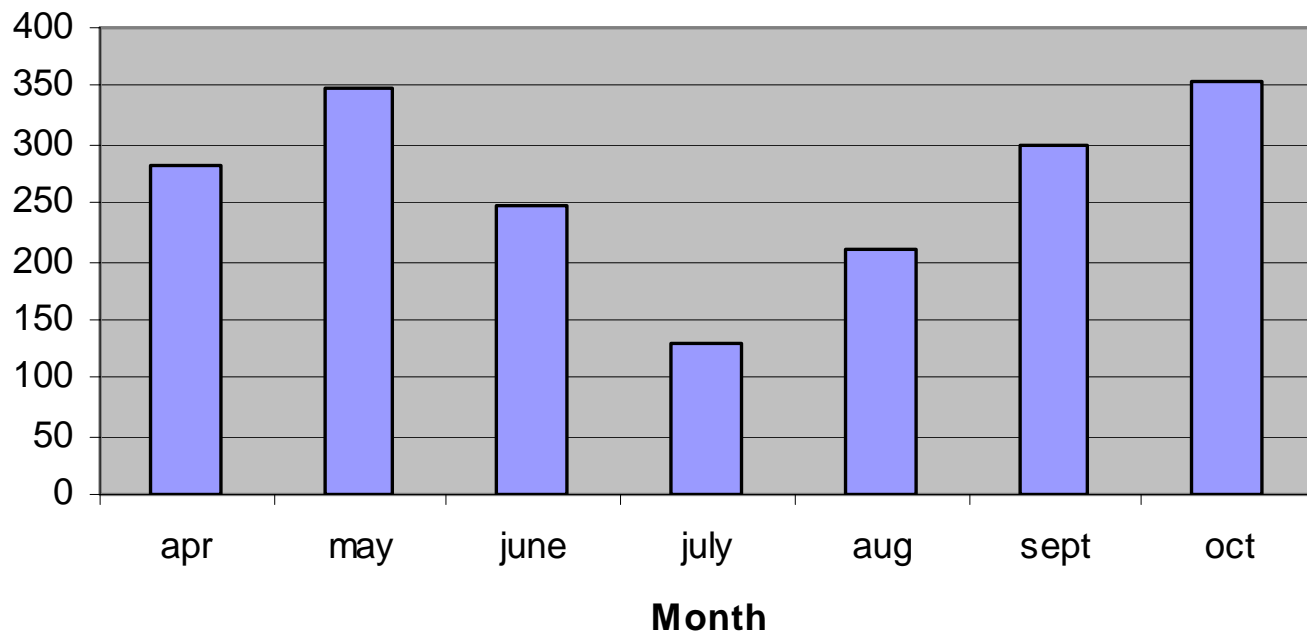
March-October 2007

- 2092 patients performed the test (females 55%)
- Of these 41% (range 11-85%) reported that they had been requested by a staff member to perform the test
 - a majority of tests were performed spontaneously
- 21% reported hazardous alcohol consumption
 - no difference between spontaneous tests and those who had been requested by staff
- 25% reported low levels of physical activity



Performed tests month by month

Number



Patients experiences

- 87% of patients found it easy to perform the test
- 5% reported difficulties
- 82% of those requested by staff to perform the test found it positive to be referred to the test
- 3% of those requested to perform the test found it negative to be referred to the test



Evaluation

- A questionnaire has been distributed to staff members to assess the implementation of the computer-based intervention
 - Results will be used to develop methods to increase the number of patients performing the test
- A follow-up questionnaire to patients who agree to be followed up
 - Starts in November 2007



Summary

- The study is still in the implementation phase. The number of tested has been increasing month by month since summer. We find this promising, and believe it is due to
 - the simplicity of the test
 - The amount of feedback to the staff
- The computerized concept will be developed further to include other lifestyles as well
- The effectiveness of the computerized feedback is still to be evaluated
- A randomized implementation study is planned, introducing the computerized concept to more PHC units



Thank you for your attention!

