



Alcohol Networking in Portugal

New National Strategies in Alcohol Policy

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Alcohol Networking in Portugal Summary

I - Alcohol consumption in Portugal

II- Evolution of Alcohol Policy in
Portugal

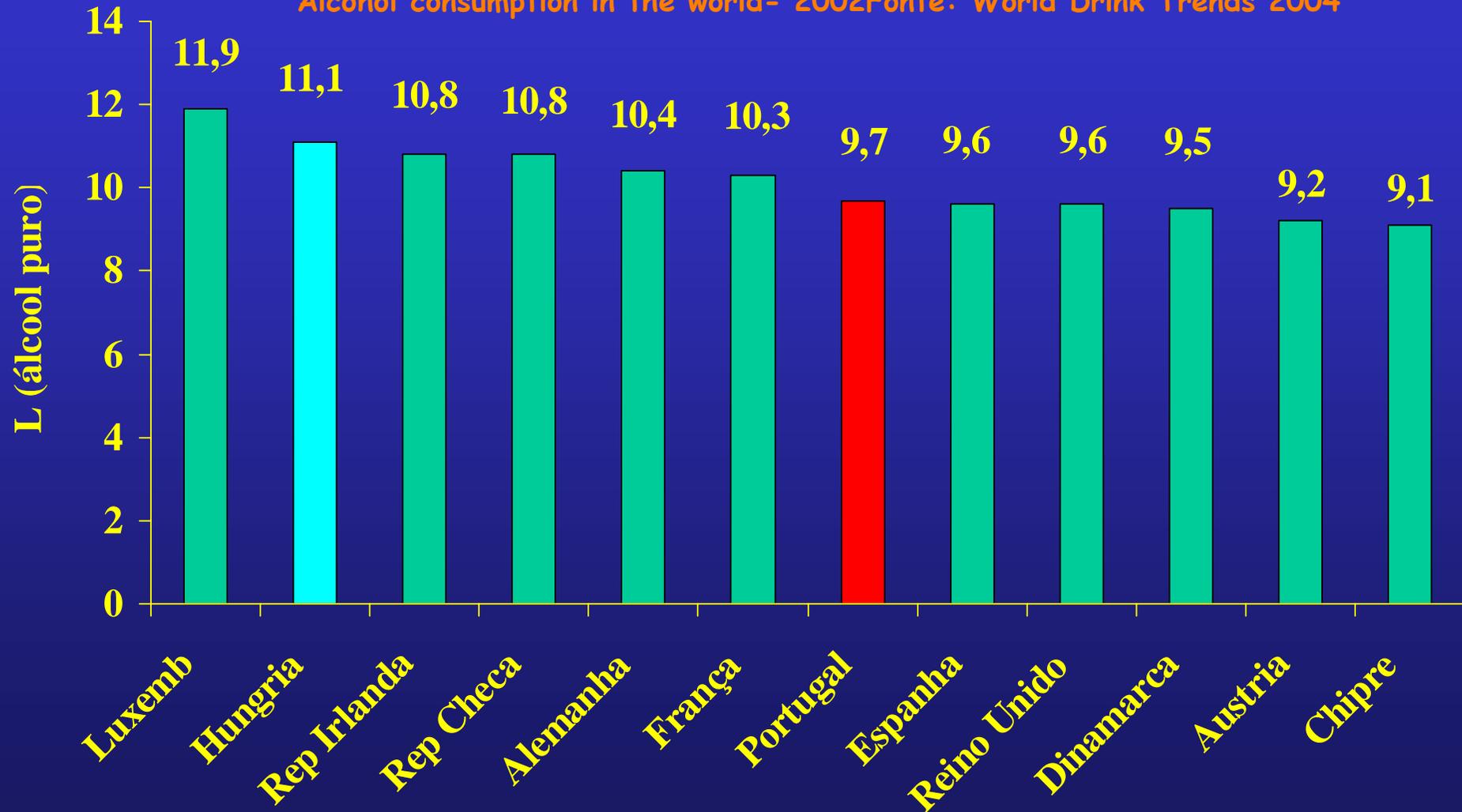
III- New National Strategies in Alcohol
Policy

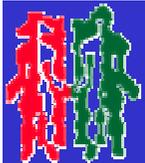


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I-Alcohol consumption in Portugal

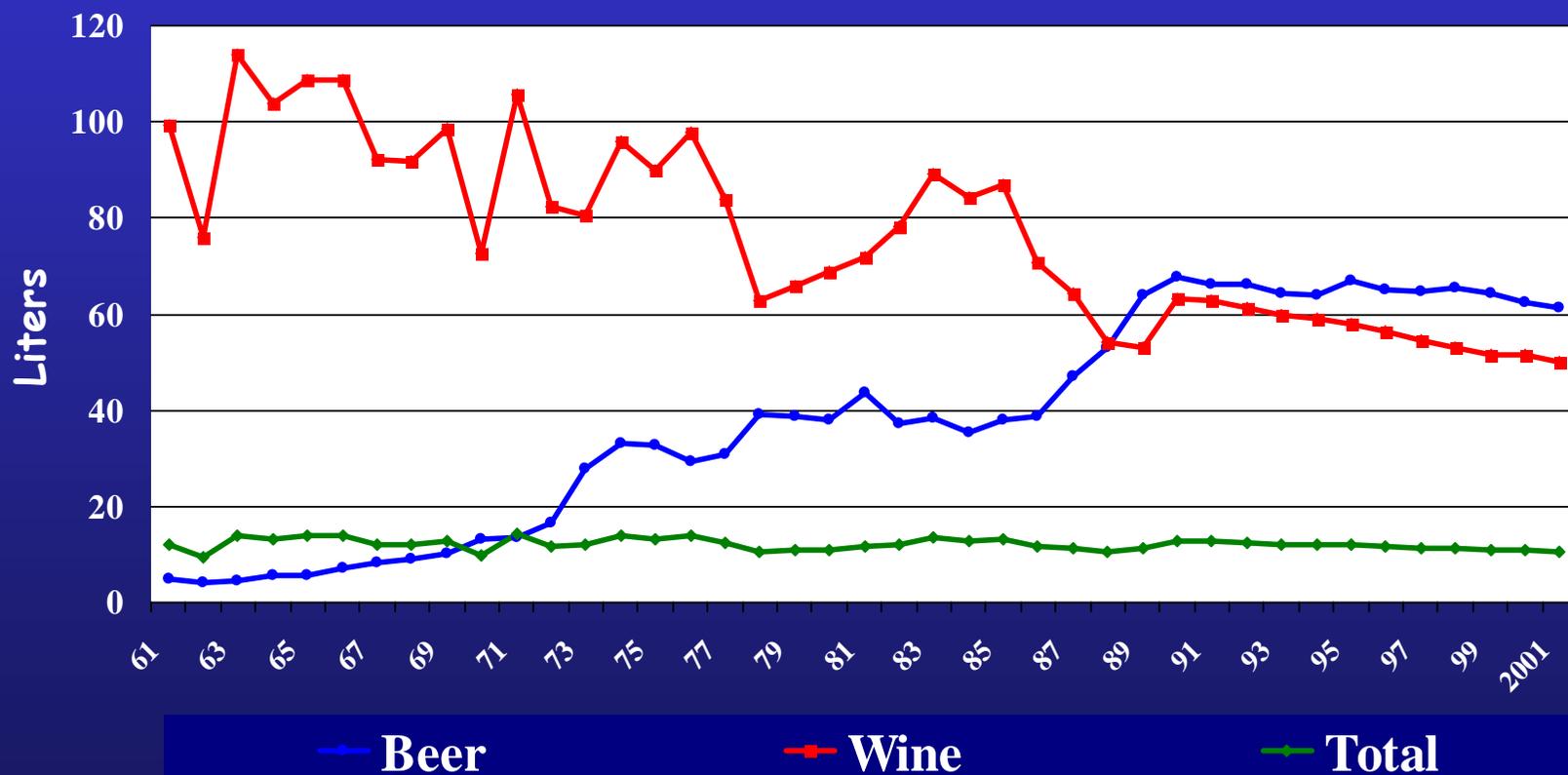
Álcohol consumption in the world- 2002 Fonte: World Drink Trends 2004





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I-Alcohol consumption in Portugal





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I-Alcohol consumption in Portugal

Excessive Consumption	9,4%	756.000
Dependent drinkers	7,4%	580.000
Persons with problems directly related with alcohol	16,6%	1.336.000

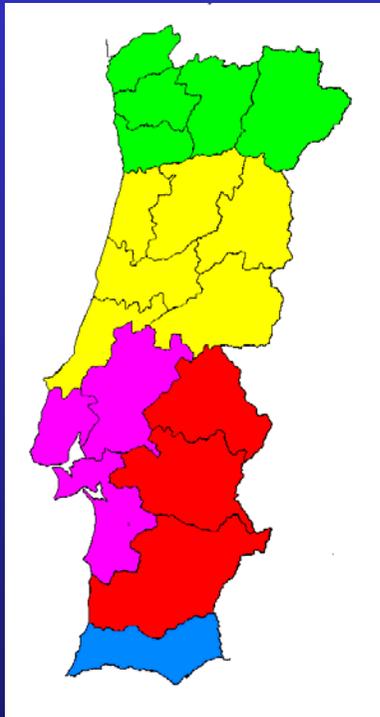
Aires Gameiro, 1998



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I-Alcohol consumption in Portugal

Alcoholic Beverages Consumption Habits in Portugal



1980 interviews

Population > 15 years old

Living in Continental Portugal

Source: National Health Inquiry 1999



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I-Alcohol consumption in Portugal

The prevalence of consumers of alcoholic beverages was 59,4% of the population

- in men (82,2%)
- in women (45,8%) in every age group
- increasing with age until 35 years old in both genders.



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I-Alcohol consumption in Portugal

- The average consumption of ethanol is higher in the male gender (47,3gr) than in female (17,1gr);
- and even higher between 35 and 44 years old, in both genders.



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I-Alcohol consumption in Portugal

- In the female gender there is a slight increase in the country with a strong increase in Alentejo and Algarve
- 35% of the youngsters from 15 to 17 years old declared they have drunk the year before the interview



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I-Alcohol consumption in Portugal

- Slight reduction of total alcohol consumption comparing to 1996
- Higher consumption in men
- Increasing consumption with age until 35-44 years in both genders
- Increase of consumption in female and young consumers



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Psychiatry Census, November of 2001

Outpatients

Emergency

Inpatients

Depression

Alcohol
related
problems
21%

Schizophrenia



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II- Evolution of Alcohol Policy in Portugal

Action Plan against Alcoholism

Government Resolution n.º 166/2000, November 29th



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Action Plan against Alcoholism

Alcohol Health Promotion and Education

Alcohol Clinical and research issues

National Alcohol Network

Legislation and control



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National Health Plan 2004-2010

Preventive interventions over health determinants

- physical activity
- food patterns
- tobacco use
- **alcohol drinking.**



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Specialized Alcohol Centres

- Are integrated in the Health System
- Are involved in prevention programs
- Are involved in alcohol dependent treatment programs
- Should be more articulated with PHC



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- Necessary to organize all this sector of the National Health System
- Identify those professionals in PHC and specialized alcohol centers responsible for the effectiveness of intervention on alcohol consumers



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“ALCOHOL PACKAGE” 2004-2010

- National alcohol program
- Alcohol Network with Integration and Coordination
- New legislation
- Monitoring and evaluation



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National Alcohol Program considers :

- The epidemiological relevance of alcohol in ill health
- The treatment of alcohol abuse in a public health perspective



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National Alcohol Program includes:

National Project "Treatment of excessive consumption of alcohol - Brief interventions in Primary Health Care"



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National Alcohol Program includes other measures such as:

- taxes
- restrictions on alcohol availability
- countermeasures to driving under influence of alcohol



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“ALCOHOL PACKAGE” 2004-2010

- National alcohol program
- Alcohol Network with Integration and Coordination
- New legislatives
- Monitoring and evaluation



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A **National Alcohol Network** is now being organized with involvement of different actors:

- Primary Health Care
- Mental Health Services (Hospital Dep)
- Alcohol Regional Centers
- Institute for Illicit Drug Addiction
- Non Governmental Organizations
- Scientific Societies and Civil Society



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The main goals of the network are:

- To develop and maintain a continuum of care
- To expedite the delivery of services in the most effective and appropriate manner
- To provide a system of mutual case information exchange



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- To coordinate and plan healthcare services referral and monitoring.
- To reduce fragmentation and/or duplication of services.
- To develop system-wide patient treatment plans
- To implement high quality and useful research



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Define four levels of health care

A, B, C and D

- D- Primary Health care centers
- C- Local Health Services
- B- Regional Health Services
- A- Alcohol Regional Centers



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The local diagnosis was based on distinct approaches

- A National Inquiry of local and regional resources
- A description of all departments of care with the elaboration of a guide of all alcohol health care related services
- A National Inquiry of the attitudes and skills of Primary health care professionals to deal with the Alcohol Related problems



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National Inquiry to regional and local resources:

- To identify and assess the health institutions involved in the care delivery to people with alcohol related problems
- It is possible now to have information of all the technical and professional resources existing in the public health system



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Hospital Based Care (Public Sector)

Some nacional results are:

- 36 Public Healthcare Services answered to the inquiry (85%)
- 82% have Alcohol Related Problems intervention
- 90% with outpatients
- 84% with inpatients
- 84% with patients in emergency services



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Hospital Based Care (Public Sector)

- 50% of those Public health care services have specific team for Alcohol Related Problems
- 53% have some implemented programs
- 34% have research programs
- 39% have training programs
- 72% liaise with Primary health care



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Primary Health care services

Some national results:

- 11 Subregional health authorities answered to the inquiry (61% of total)
- 55% have Alcohol Related Problems intervention
- 45% have Alcohol Related programs
- 55% have specific teams



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Primary Health care services

Some national results:

- 90% liaise with Mental Health Services
- 50% have Alcohol training programs
- Only a very small number of PHC have research programs



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It is now possible to:

- Identify the *key persons* in those process at each level of care delivery
- To make a better liaison between different levels of care



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National Inquiry to Primary health care professionals to evaluate the skills to deal with the Alcohol Related problems. The results are now being analysed



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Some preliminary regional results:

- 86% need training
- 77% have never participated in alcohol related problems training
- 92% think that it is very important to be trained and feel legitimacy to deal with this patients



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- The National training program intends to train future trainers
- Trainers are health professionals whose profile and interest for alcohol problems is relevant
- They can be GP, psychiatrists, nurses, psychologists, etc



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Main goal of training program:

Increase skills to do early identification and brief alcohol interventions in Primary Health Care.

The training program can be delivered in two days, with a follow-up six months later where it is possible to discuss difficulties and the best way to solve them.



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Integrating Health Promotion
Interventions for Hazardous and
Harmful Alcohol Consumption into
PHC Professional's Daily Work -
PHEPA



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Main barriers to Screen and Brief intervention in Primary Health Care

- Insufficient time and training
- Lack of help from government policy
- Main incentives related to availability of appropriate support services



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Policymakers should give priority to the liaison between alcohol specialized services and PHC as a necessary step to allow effective coordination of services.

Specialized support to promote shared care



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Monitoring and evaluation

- National Coordinator Group
- Training Trainers (2 components - motivational interviewing +BI)
- Contact Regional Groups - trainers / training program + Key elements in PHC



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Monitoring and evaluation

- Meetings with Alcohol Regional Centers
- Dissemination / workshops / materials
- Cronogramme (training program + *draft* materials)
- Feed-back
- Outcomes



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This new phase for alcohol policy in Portugal is a timely and a useful response. This will encourage the development and implementation of national and local community policies and actions to reduce the harm done by alcohol.



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