



HEALTH SCIENCES  
RESEARCH UNIT  
NURSING  
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EM CIÊNCIAS DA SAÚDE  
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**FCT** Fundação para a Ciência e a Tecnologia  
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# Screening and Brief Interventions among homeless and vulnerably housed individuals

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# BACKGROUND

- ▶ In Portugal, the alcohol consumption per capita in the adult population exceeds the European mean consumption
- ▶ The magnitude of this problem among homeless and vulnerably housed individuals is unknown
- ▶ Information about the homeless  
how many? who are they and why they are? its very important (Ornelas et al., 2010)
- ▶ It is also important to know the main health-related behaviors and risks to which they are exposed

# BACKGROUND

- ▶ It is essential to develop efforts to assess and treat alcohol consumption problems among homeless and vulnerably housed individuals
- ▶ Nurses play a key role in the identification and development of interventions for individuals with unhealthy alcohol use

# PURPOSE OF THE STUDY



The aims of this study were therefore to explore the feasibility and acceptability of an ABI among homeless and vulnerably housed individuals, and to develop an ABI to be piloted in a future trial

# METHODOLOGY

Study

Cross-sectional survey

# METHODOLOGY

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Data were collected using a structured interview with the AUDIT, as part of the InPulsar work (Non-Governmental Organization Supporting the Homeless)

**SBI**s were developed by a Clinical Nurse Specialist, Brief Interventions developed according to the risk level (Guidelines adapted from the manual Brief Intervention for Hazardous and Harmful Drinking)

The data were collected in a Portuguese city, sample composed of **32 homeless and vulnerably housed individuals** (mean age 44.8 years, ranges from 26 to 65 years of age), 87,5% are male 6 were foreigners. 5 were employed, 12 were unemployed and 15 receive a pension or income from social insertion

## Give Advice on Limits

Homem: Não mais de duas bebidas padrão por dia

Não beber pelo menos em dois dias da semana

Mulher: Não mais de uma bebida padrão por dia

Não esquecer que há alturas em que até mesmo uma ou duas bebidas podem ser demais



Por exemplo:

- Quando conduzir ou utilizar máquinas;
- Durante a gravidez ou amamentação;
- Quando toma certos medicamentos;
- Se apresentar determinados problemas clínicos;
- Se não conseguir controlar o consumo.

## What's a Standard Drink



1 copo de cerveja normal (ex. 200ml a 6%) tem  $\approx$  10g de álcool puro

1 copo de vinho (ex. 100ml a 12%) tem  $\approx$  10g de álcool puro

1 copo de bebida destilada (whisky, gin, vodka) (ex. 30ml a 40%) tem  $\approx$  10g de álcool puro

1 shot de bebidas destiladas tem sempre mais quantidade de álcool, pois mistura várias bebidas de alto teor alcoólico, num copo que habitualmente tem 30ml (ex. 30ml a 40%) tem  $\approx$  10g de álcool puro



Copyright:

Guia do projeto "Sem Reservas - Estratégias de Diagnóstico e Intervenções Breves para a Redução do Consumo de Álcool Nocivo (Risco/Nocivo)", da UICISA; E. adaptado de Robert Hoopes Riddle (2008).

## GUIA PARA UM CONSUMO DE BAIXO RISCO

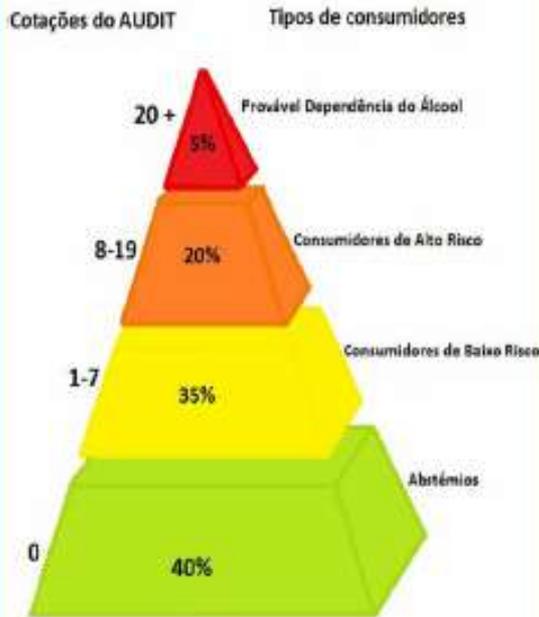


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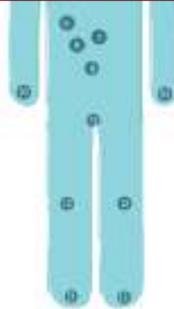


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## Painel 2 - Pirâmide do Consumidor



Use the section  
 “Effects of High-Risk  
 Drinking” to point out the specific  
 risks of  
 continued drinking above  
 recommended  
 guidelines

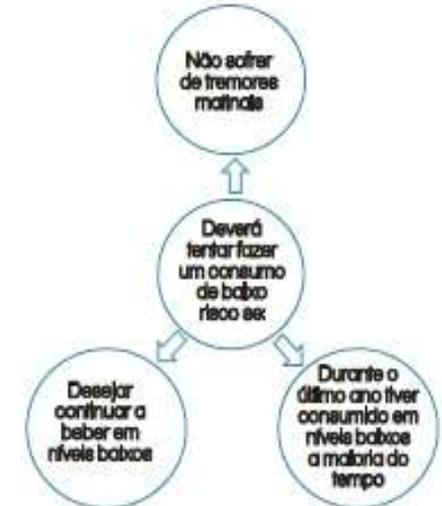


### Legenda:

1. Comportamento agressivo e irritável. Discórdias, Violência, Depressão, Nervosismo, Dependência do álcool, Perda de memória.
2. Envelhecimento precoce, Entumescimento do nariz: "nariz vermelho".
3. Cancro da boca e orofaringe.
4. Constipações frequentes, Reduzida resistência a infeções, Risco acrescido de pneumonia.
5. Enfraquecimento do músculo cardíaco, Insuficiência cardíaca, Anemia, Dificuldades de coagulação, Cancro da mama.
6. Lesões do fígado.
7. Deficiência vitamínica, Hemorragia, inflamação grave do estômago, Vômitos, Diarreia, Desnutrição.
8. Inflamação do pâncreas.
9. Sensação de fraqueza, Quedas.
10. Tremula das mãos, Formiguelo nos dedos, dedos adormecidos, Nevralgias.
11. Homem: Desempenho sexual reduzido, Mulher: Risco de dar à luz crianças com malformações, atrasos ou de baixo peso.
12. Úlcera.
13. Dedos dos pés dormentes e com formiguelo, Nevralgias.

O consumo de alto risco pode conduzir a problemas sociais, legais, físicos, familiares, profissionais e financeiros. Pode reduzir a esperança de vida, levar a acidentes e à morte devido a condução sob o efeito do álcool.

Establish a Goal  
 The most important part of the  
 simple  
 advice procedure is for the patient  
 to  
 establish a goal to change drinking  
 behaviour



Se deverá adotar um consumo reduzido de álcool se estes três pontos de aplicarem.

# RESULTS

- ▶ 32 Structured interviews were conducted
- ▶ 53.1% reported having already consumed illicit drugs (15.6% are in the methadone program); **68.8% reported alcohol consumption**, 34.3% cannabis, 90.6% tobacco, 9.3% hypnotic and sedatives with regularity

# RESULTS

- ▶ 9 participants were screening positive for hazardous and harmful drinking
- ▶ A total of 23 education interventions were developed, and 9 brief counseling
- ▶ All individuals thought talk about these problems was important and thought that 10 or 20 min of advice would be useful, and agree to be followed-up

# CONCLUSIONS

- ▶ All of homeless and vulnerably housed individuals accepting the screening and brief interventions and would like to participate on follow-up
- ▶ Education interventions and brief counseling were developed based on the risk level and the work with the homeless approached these individuals of social support services
- ▶ We need the follow up study to analyze the effect of the brief interventions on the reducing hazardous and harmful drinking among vulnerable people

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