



SCREENING AND BRIEF INTERVENTION IN USERS OF ILLEGAL DRUGS IN THE CONTEXT OF PRIMARY CARE BETWEEN PORTUGAL AND BRAZIL

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BACKGROUND

In general, drug users seek specialized services already at a fairly advanced stage of consumption. Therefore, it is considered that intervention at the early stages of the problem enhances the prognosis, making it necessary to develop detection strategies and early interventions, as a way of screening the population susceptible to the use of these substances.

OBJECTIVES

1. To identify the socio-demographic profile and pattern of cocaine use among people served in the Family Health Strategy through their lifetime and in the last three months between the two countries;
2. To discuss the applicability of Brief Intervention in the problems related to psychoactive substances in the area of Primary Care.

METHODS

A Cross - sectional descriptive study carried out in two family health units between two countries, Portugal and Brazil, responsible for primary health care. The non probabilistic sample was 1488 participants in the city of Rio de Janeiro, who answered the questionnaire ASSIST version 3.1, plus the socio-demographic profile between 2013 and 2014 and 206 participants in the city of Coimbra between 2014 to and 2015. Inclusion criteria all participants of the Services over 18 years, scheduled for consultation with the nurse and excluding individuals unable to respond to the questionnaire. Variables used were the socio-demographic together with Brief Intervention and Outcome of the pattern for cocaine use. We used the features for analysis in SPSS version 22.0. They were submitted to ethical procedures in both countries.

RESULTS

In the sample profile there was a higher frequency of care for the female gender, married, income between 2 and 3 minimum wages; however, differences were found in age, education and-religion. There was occurrence on cocaine use through their lifetime (Brazil 4.0% and Portugal 5.8%) and in the last three months (Brazil 0.9% and Portugal 3.6%). Receiving Brief Intervention (Brazil 0.8% and Portugal 12.5%) and referring to treatment, only Brazil 0.3%.

CONCLUSION

A profile and a consumption pattern were observed, with such need for the application of Brief Intervention in this level of care in both countries, strengthening the need and the importance of this early detection among professionals in this area.

Tabela 1 – Socio-demographic profile in a population attended in the Family Health Estrategy , Brasil e Portugal. Brazil. (n=1700)

Socio-demographic profile	Brazil		Portugal	
	n	%	n	%
Gender				
Male	326	21,9	91	43,3
Female	1162	78,1	119	56,7
Total	1488	100,0	210	100,0
Marital status				
married	828	58,8	146	69,2
Single	336	23,9	33	15,6
divorced	137	9,7	17	8,1
Widowed	107	7,6	15	7,1
Total	1408	100,0	211	100,0
Elementary school				
Illiterate	62	4,2	5	2,4
Never studied but can read	500	34,0	65	30,8
Unfinished elementary school(4 ^o grade)	241	16,4	27	12,8
Unfinished elementary school(6 ^o grade)	234	15,9	8	3,8
Finished elementary school (9 ^o grade)	332	22,6	35	16,6
High school college	61	4,1	1	5,0
Total	1470	100,0	211	100,0
Age				
18 a 34	666	44,7	50	23,8
35 a 39	646	43,4	91	43,3
≥ 60	177	11,9	69	32,9
Total	1489	100,0	210	100,0
Monthly family income				
<1 minimum wage	26	1,8	13	6,2
1 -2 minimum wages	205	14,5	48	22,9
3 - 4 minimum wages	777	55,4	101	4,8
≥4 minimum wages	197	13,9	37	17,6
Total	1413	100,0	210	100,0
Religion				
Catholic	518	47,5	169	80,5
Protestant	527	48,3	11	5,2
Espiritism	45	4,1	30	14,3
Total	1090	100,0	210	100,0

Tabela 2 – Frequency of cocaine use over the life and in the last three months in a population attended in the Family Health Estrategy , Brasil e Portugal. Brazil. (n=1700)

Frequency of cocaine use	Brasil		Portugal	
	n	%	n	%
Use in life				
Yes	59	4,0	12	5,8
No	1429	96	194	94,2
Use in the last 3 months				
Yes	14	0,9	7	3,3
No	1475	99,1	204	96,7
Felt strong desire				
Yes	10	0,7	6	7,0
No	1478	99,3	80	93,0
Resulted in problems				
Yes	9	0,6	1	1,5
No	1480	99,4	67	98,5
Stopped doing things that were expected				
Yes	7	0,5	0	0,0

Tabela 3 – Frequency of cocaine use over the life and in the last three months of the clientele assisted in the Family Health Estrategy.. Brazil (n=1700)

Levels of Intervention Brief	Brazil		Portugal	
	n	%	n	%
Low Risk (0-3) - No intervention	1472	98,9	56	87,5
Moderate risk (4-26) – Receive brief intervention	12	0,8	8	12,5
High Risk (27) - Forward to treatment	4	0,3	0	0,0