Alcohol screening and brief intervention in community pharmacies

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Overview

- Background
- Delivery of SBI in community pharmacies
- Preliminary findings
- Current work
- Future implications

Recommendation for the role

- Variety of locations
- Accessible service
- 12,000 pharmacies in the UK
- Approx 12 visits a year
- Large potential to influence public health

Early feasibility studies

Study	Dhital 2004	Fitzgerald 2006	Goodall 2006
Location	London	Glasgow	Leeds
Customers recruited	73	70	352
Risky drinkers	26 (36%)	37 (53%)	105 (30%)
Follow up rate	40 (55%)	19 (27%)	Not specified
Change in drinking habits	12/40 drinkers appeared to reduce drinking (Drink Diaries)	7/11 drinkers appeared to reduce drinking (FAST scores)	Not reported
Pharmacists	1	8	5
Screening period (months)	3	4	3
Tool	AUDIT	FAST	FAST

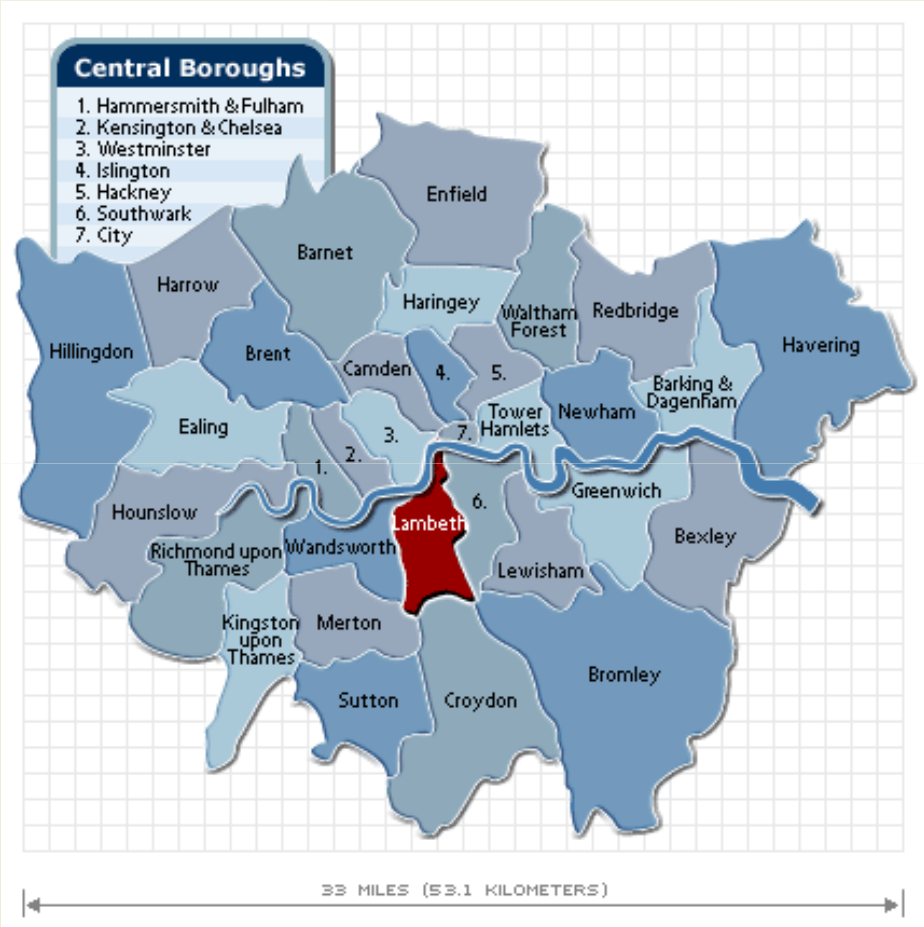
Service evaluation

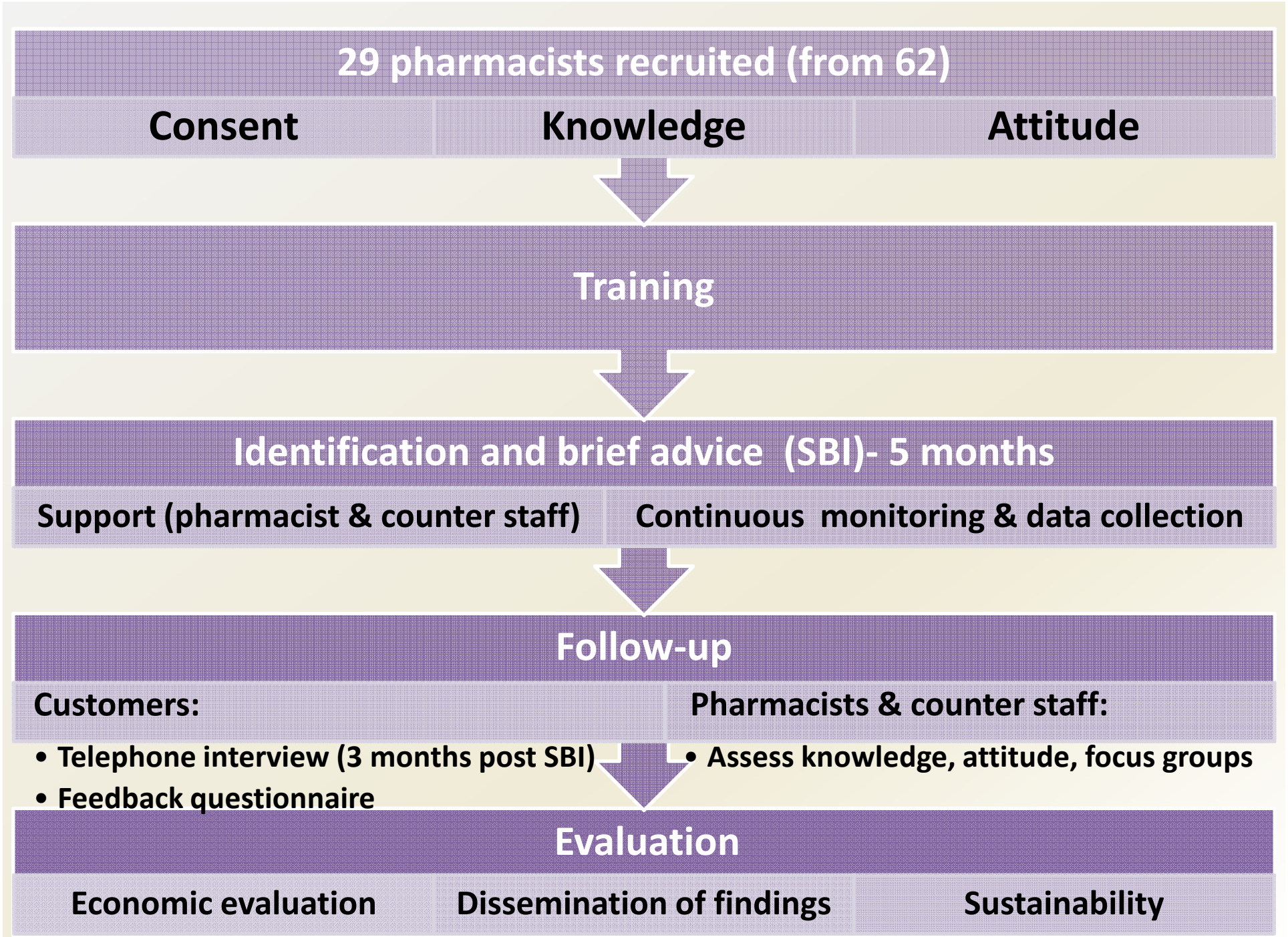
- **Funded by Guy's and St Thomas' Charity**
- Joint collaboration with colleagues from NHS Lambeth & King's College London
- Techniques to conduct alcohol SBI in community pharmacies
- **PLUS** evaluate the service
  - customers', pharmacists' & counter staffs' experiences
- **New initiative**: currently little is known about pharmacy SBI

London borough of Lambeth

- 272,000 population
- 38% of Lambeth's population from ethnic backgrounds (2001 Census)
- Over 130 languages spoken
- 5th most deprived area in London

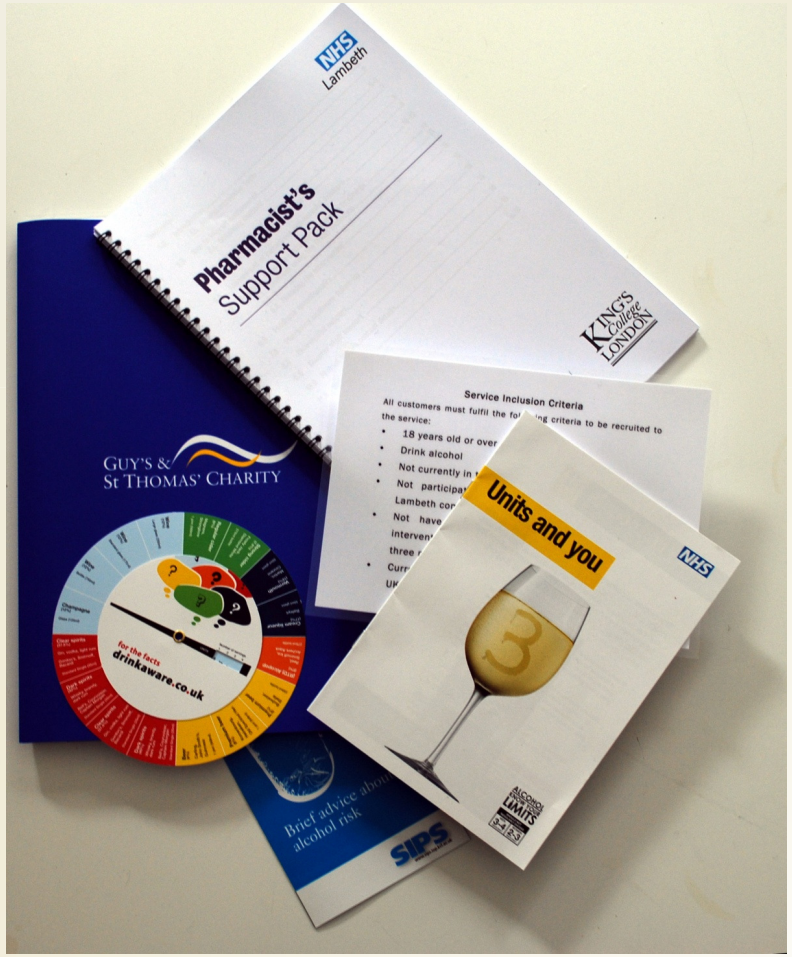
- **24%** of Lambeth's population (**70,000 approx**) drink excessively
- Higher levels of alcohol-related hospital admissions & mortality rates in both London and England




29 pharmacists recruited (from 62)
Consent
Knowledge
Attitude
Training
Identification and brief advice (SBI)- 5 months
Support (pharmacist & counter staff)
Continuous monitoring & data collection
Follow-up
Customers:
• Telephone interview (3 months post SBI)
• Feedback questionnaire
Pharmacists & counter staff:
• Assess knowledge, attitude, focus groups
Evaluation
Economic evaluation
Dissemination of findings
Sustainability

Pharmacists' SBI training

- One day training
- Alcohol SBI theory
- Role play scenarios with trained actors
  - Pharmacy settings
  - Scenarios pharmacists may encounter
    - Low and high risk drinkers
- Post training support (pharmacists and counter staff)
  - Regular visits
  - On-site role plays
  - Newsletter



Whom to ask?

Self referral	• View poster/read flyer
Health query	• Feeling run down or lethargic (caused by alcohol)
OTC Purchases	• Smoking cessation, GIT remedies, vitamins, sleep aids
Prescribed medications	• Coronary heart disease, depression & anxiety, diabetes • **ONLY PHARMACIST TO ASSESS**

Readiness to change

1. Has the amount you drink changed in the past 3 months?	• **ACTION**
2. Are you interested in drinking less?	• **CONTEMPLATIVE**
3. Do you drink more than you should?	• **PRECOTEMPLATIVE**

AUDIT-C

1. How often do you have a drink containing alcohol?

Never (0)	*Monthly or less (1)*	*Two to four times a month (2)*	*Two to three times a week (3)*	*Four or more times a week (4)*

2. How many units of alcohol do you have on a typical day when you are drinking?

1 or 2 (0)	*3 or 4 (1)*	*5 or 6 (2)*	*7 or 9 (3)*	*10 or more (4)*

3. How often do you have *six or more* units on one occasion?

never (0)	*less than monthly (1)*	*monthly (2)*	*weekly (3)*	*daily or almost daily(4)*

Seven-day drink diary

- Alcohol use past seven days
- What?
- How much? *(units)*
- When?
- Where?
- With whom?
- Is this usual?
- Money spent (1 unit = £1)

Feedback using FLAGS technique

Intervention	Drinker type			
	Lower risk	Increasing risk (Hazardous)	Higher risk (Harmful)	
Feedback	√	√	Standard feedback	Refer to GP
Listen	√	√	√	√
Advise		√	√	√
Goals		√	√	
Strategies		√	√	
Refer to GP				√
Provide GP refer letter				√

How to ask?

NHS
Lambeth
Ask your pharmacist –
How much is TOO much?
Many people drink more alcohol than is healthy. This pharmacy is offering alcohol advice:
• You will have an opportunity to discuss your alcohol use with the pharmacist in confidence
• There is no charge for this service
• If you are interested in participating please ask a member of the pharmacy team for more information
Commissioned by: Guy's & St Thomas' Charity
King's College London
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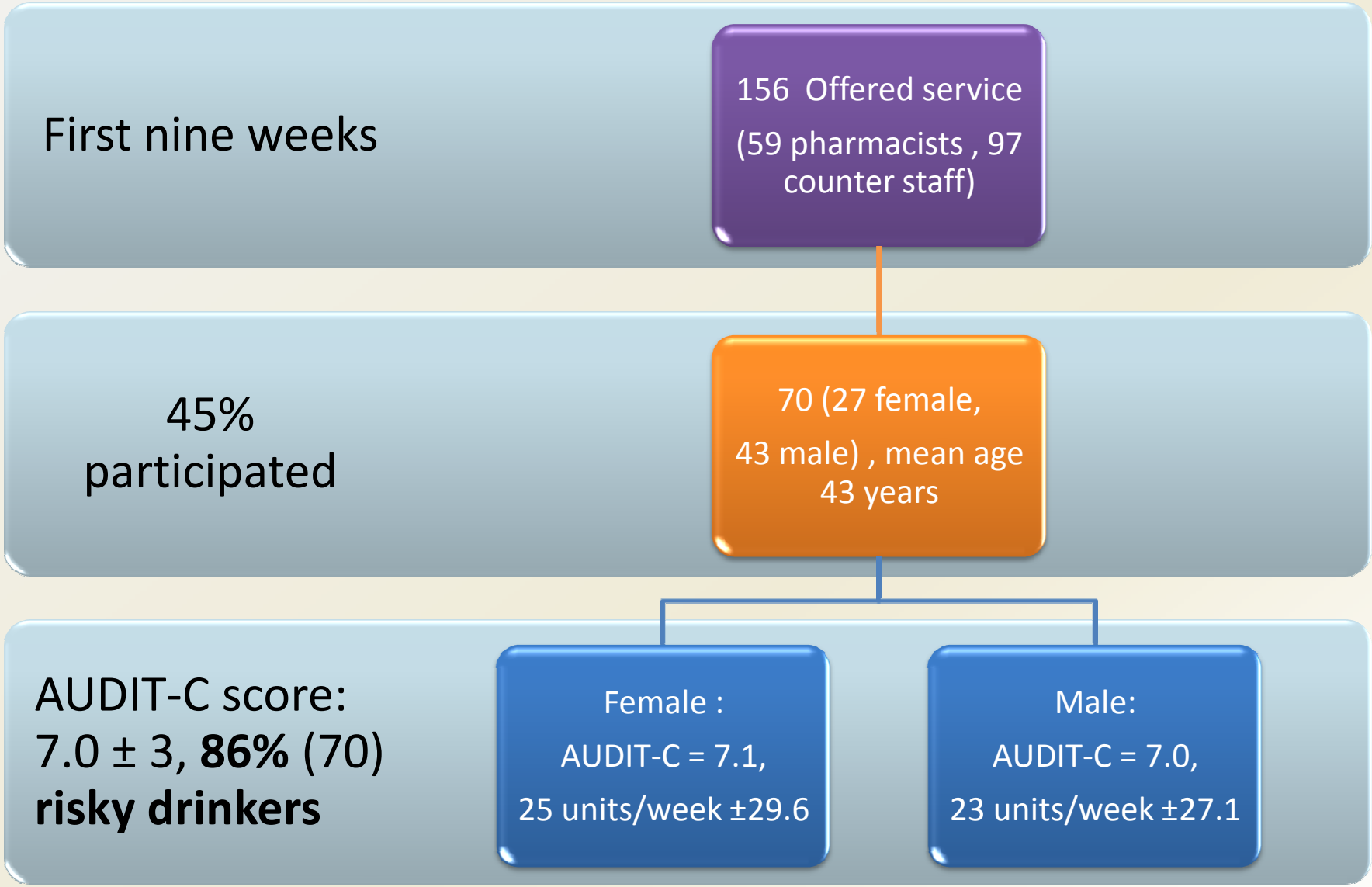
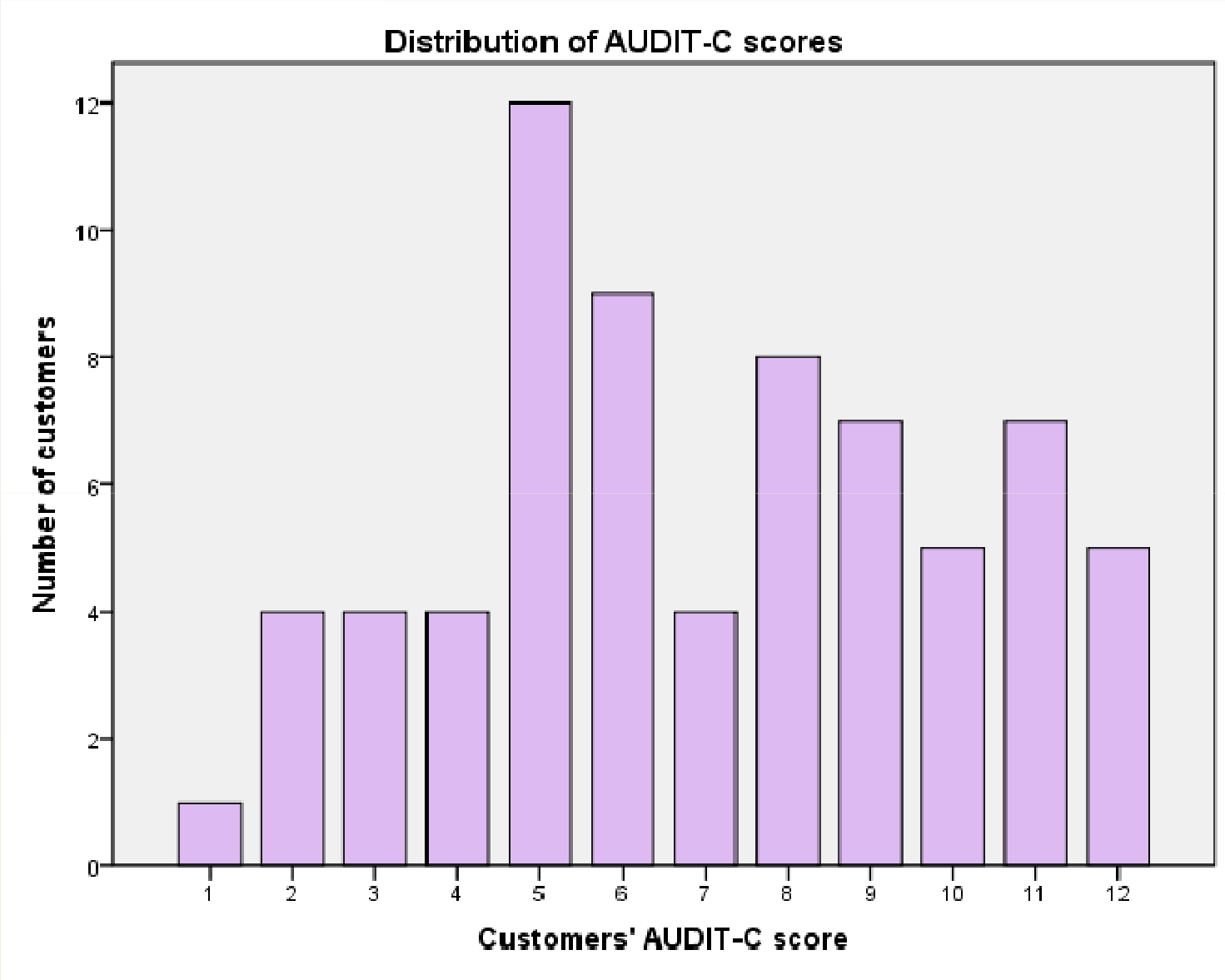
NHS
Lambeth
Ask your pharmacist
How much is TOO much?
This pharmacy is offering alcohol advice

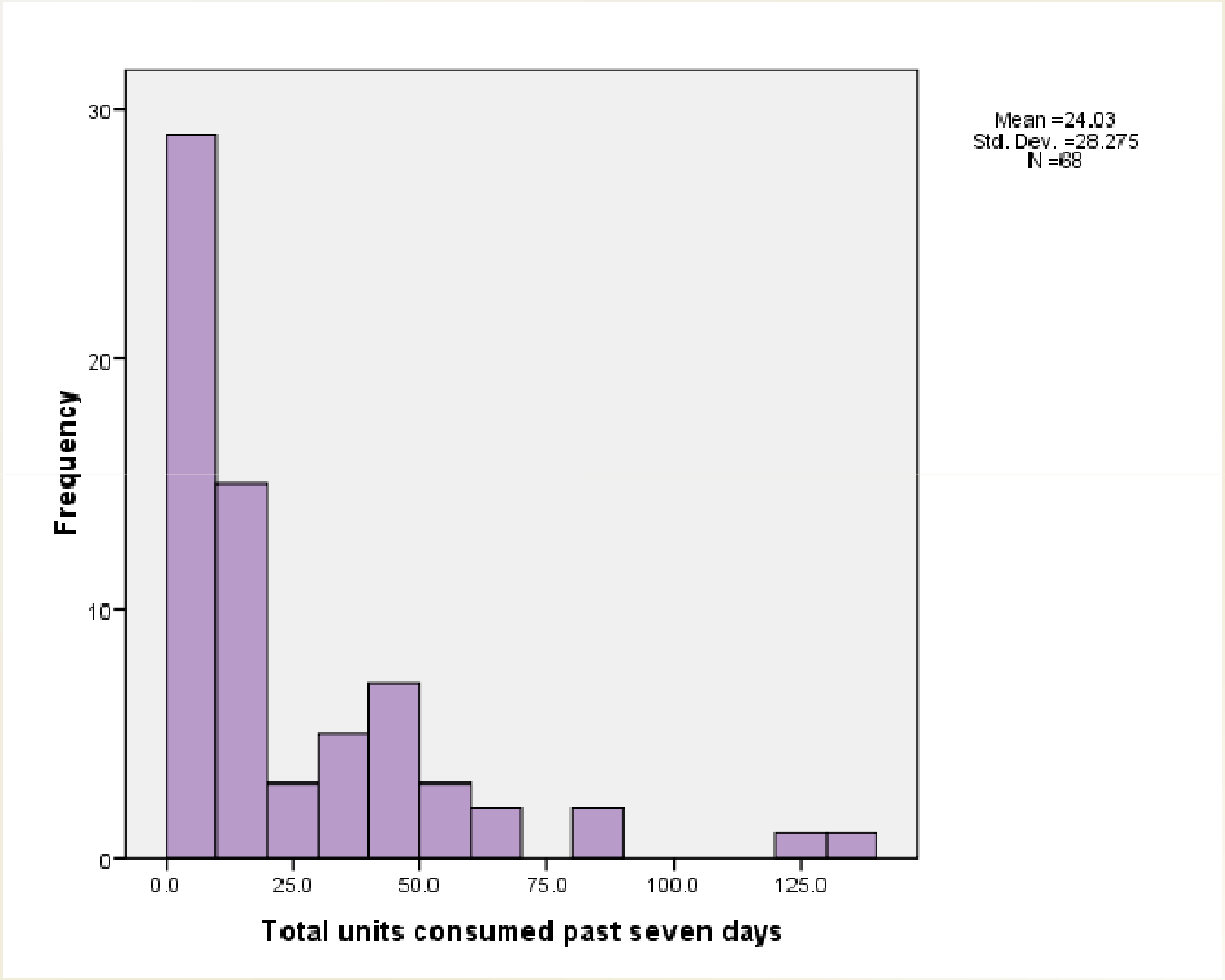
Preliminary findings



Types of drinkers identified

Drinker type	Customers (%)	Female	Male
Low risk	10 (15)	2	15
Hazardous	33 (49)	15	18
Harmful	14 (21)	5	9
Harmful & advised to see doctor	11 (16)	5	6
Total	68 (100)	27	41

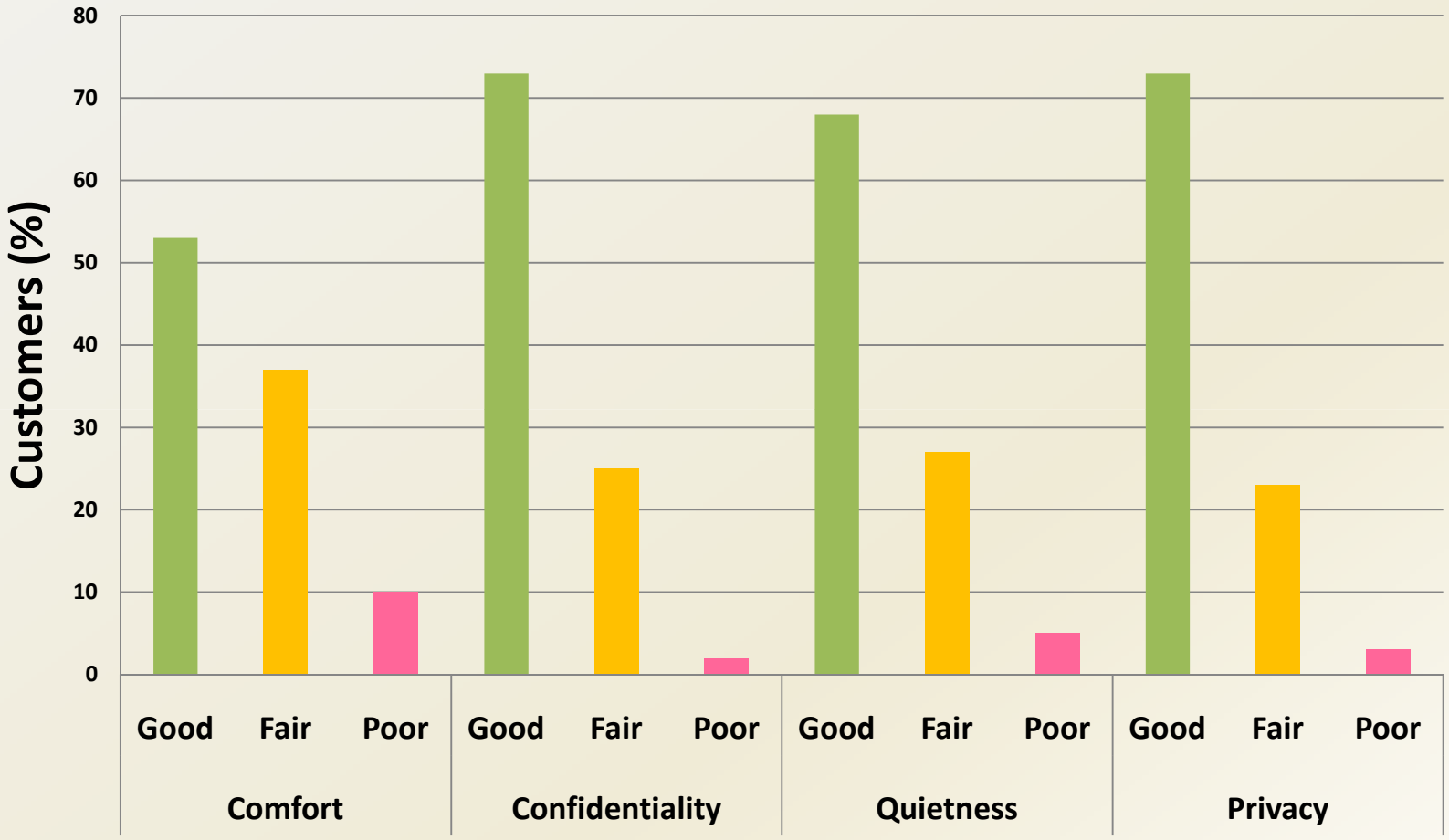

Distribution of AUDIT-C scores
Number of customers
0
2
4
6
8
10
12
1
2
3
4
5
6
7
8
9
10
11
12
Customers' AUDIT-C score


Mean =24.03
Std. Dev. =28.275
N =68
Frequency
30
20
10
0
0.0
25.0
50.0
75.0
100.0
125.0
Total units consumed past seven days

Readiness to change drinking behaviour

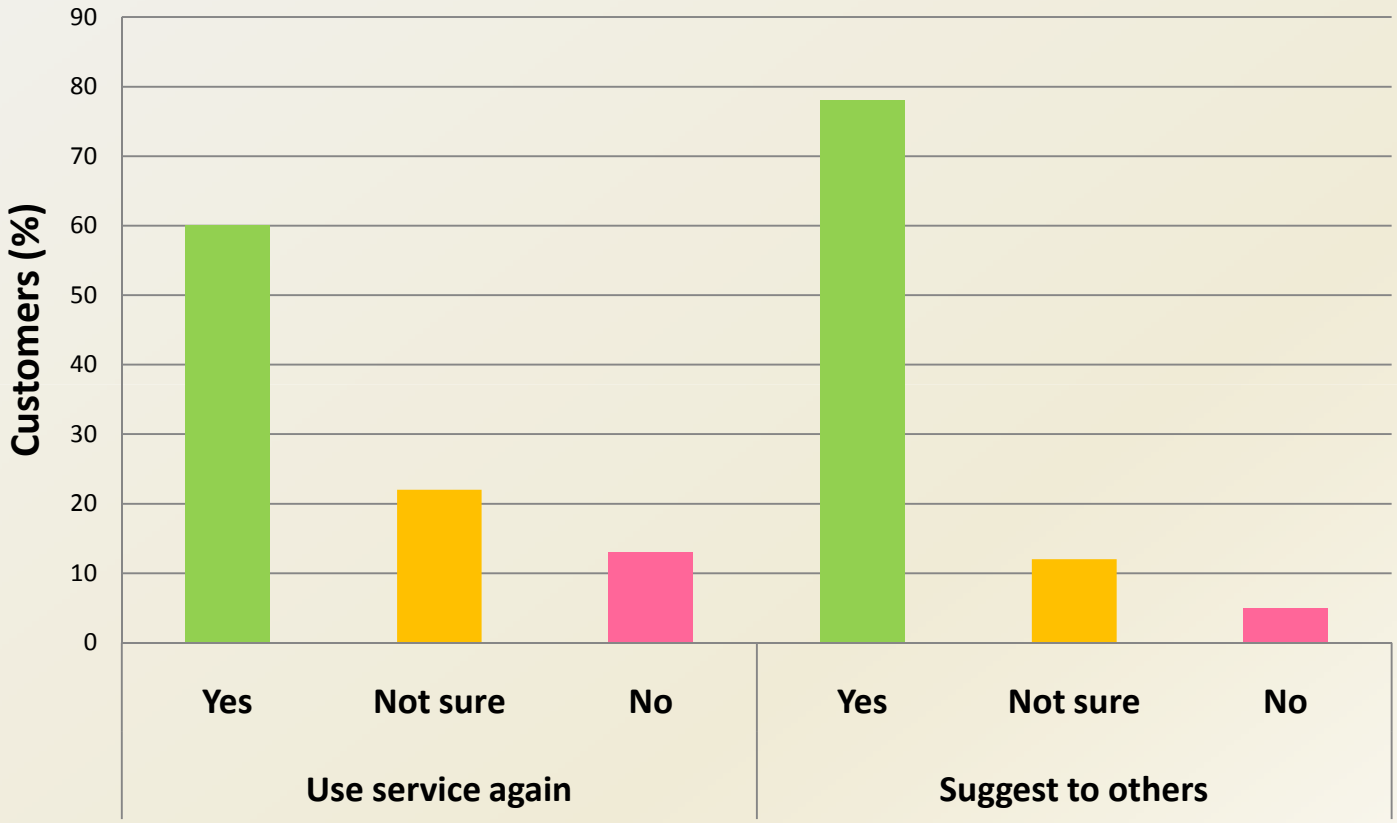
Drinker type	Customers (%)	Female	Male
Pre-contemplative	21 (31)	7	14
Contemplative	33 (49)	13	20
Action	13 (19)	6	7
Total	67 (100)	26	41

Pharmacy private consultation room



- Initial responses from 60 customers

Participate again in the future?



- Initial responses from 60 customers

Customer feedback

"This is a good thing ... because it makes people more aware of how much alcohol you are drinking and what you are supposed to drink ... I found it really helpful"

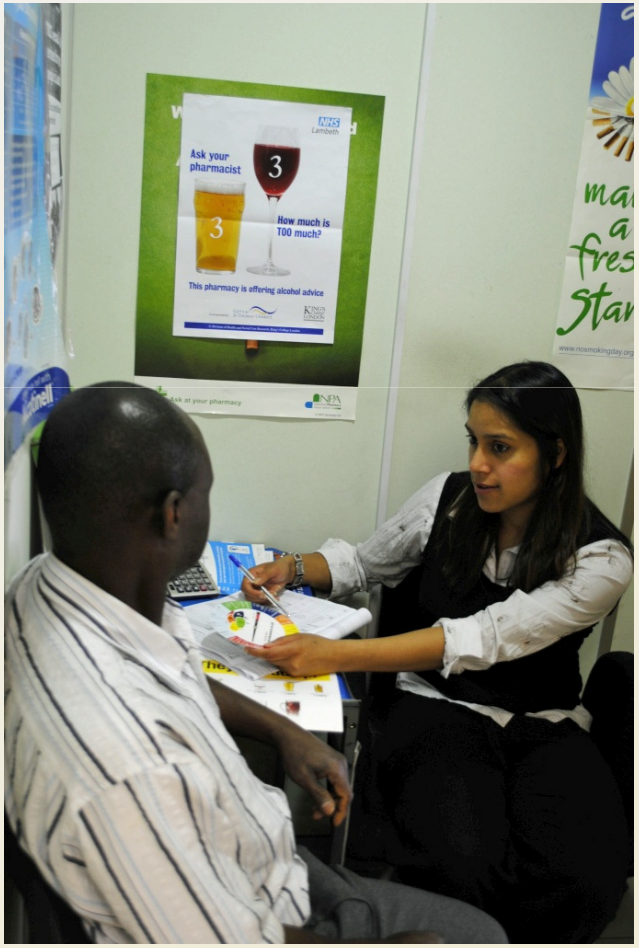
"I like what you are doing. It should have been done a long time ago"

"Useful service ... perhaps more promotion of the service would be good to inform a wider audience"

"Good idea as there is lots of help for smoking, but I have never heard of help for alcohol"

"She (the pharmacist) made it easy to discuss my drinking"

Conducting SBI and providing feedback



Current work

- Data currently being analysed:
  - Customers' drinking behaviour post SBI
    - AUDIT-C, drink diary, readiness to change
  - Economic evaluation
    - Client Service Receipt Inventory (CSRI)
    - Employment & work
- Pharmacist and counter staff feedback
- Counter staffs' role:
  - first point of contact
  - inform customers about SBI
- Varying rates of SBI at pharmacy sites

Implication for future work

- High proportion of risky drinkers identified (**86%**) compared to Lambeth & U.K general population (approx **24%**)
- Community pharmacists motivated to take up SBI training
- Pharmacists interested to deliver new public health role
- Inform methodology for a pharmacy SBI RCT, London UK (PhD, R Dhital)

Questions?

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King's College London: Dr Cate Whittlesea, Prof Ian J Norman,
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