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BRIEF INTERVENTIONS FOR DRINK DRIVER OFFENDERS IN SLOVENIA

SITUATION IN SLOVENIA

- ✘ Aprox. 150 victim in road accidents per year (2 millions inhabitants)
- ✘ $> 1/3$ of them related to drink driving

LEGISLATION

✘ Law on Road Safety 2008:

If BAC > 1,5g alcohol/kg blood →

arrest at police station for 6 – 12 hours + penalty
(driving licence retained for 24 hours + fine + penalty points)

✘ Result: still 10 - 40 drink drivers arrested/night

✘ Law on Road Safety December 2010 (July 2011):

✘ If BAC > 1,1g alcohol/kg blood →

arrest at police station for 6 – 12 hours + ↑ penalty
(driving licence retained at court until positive medical
opinion + ↑ fine (1.200 EUR) + ↑ penalty points (18=max))

✘ Result: ?

LEGISLATION

- ✘ Law on Road Safety December 2010:
- ✘ If BAC 0,8 – 1,1g alcohol/kg blood (0,38 – 0,52 mg alcohol/L breath) →
penalty (driving licence retained for 24 hours + 900 EUR + 16 penalty points)

BUT at the same time:

- ✘ 4 penalty points are deleted if the driver visits authorized medical center (traffic medicine specialist, addiction medicine specialist and psychologist) and attend a special course (6 – 17 hours), organized for drink drivers

LEGISLATION

- ✘ Law on Road Safety December 2010:
- ✘ If BAC 0,5 – 0,8g alcohol/kg blood (0,24 – 0,38 mg alcohol/L breath) →
penalty (driving licence retained for 24 hours + 600 EUR + 8 penalty points)

BUT at the same time:

- ✘ 4 penalty points are deleted if the driver visits his GP/FP for brief intervention (“medical examination with counselling”)
- ✘ only once in 3 years

TRAINING

- ✘ in spring 2011 organized 45 short courses (3 hours) for all PHC physicians with patients' lists
 - courses financed by the Ministry of Health
- ✘ 1150 PHC physicians (invited by post and e-mail):
 - + 300 already trained in last 5 years
 - + 650 attended course (76%) for basic principles of screening and brief intervention + printed material
 - + 200 received printed material (*manual for GP/FPs for SBI, *AUDIT questionnaire, *practical answers related to novelties in Law on Road Safety)

TRAINING

- ✘ 45 courses in 33 cities in health centers
- ✘ Content:
 1. how SBI is incorporated in 6 GP/FP's competences according to EURACT teaching agenda and GP/FP's paradigm of health promotion, prevention, treatment and rehabilitation
 2. novelties in Law of Road Safety important for GP
 3. low risk, hazardous and harmful drinking, alcohol addiction
 4. harmful consequences of alcohol drinking
 5. screening (AUDIT) and brief intervention
 6. specific SBI for drink drivers (medical examination with counselling)

MEDICAL EXAMINATION WITH COUNSELLING

- ✘ AUDIT and discussion on drinking habits (clinical examination if needed)
- ✘ assessment of driver's drinking
- ✘ assessment of driver's awareness of his hazardous or harmful drinking or addiction
- ✘ information exchange on alcohol harmful effects with emphasis on driving
- ✘ behaviour change counselling according to stage of change, importance and confidence
OR referral to authorized medical center if addiction

FACILITATORS

- ✘ Law on Road safety prepared in collaboration of 4 ministries: of health, of traffic, of interior and of justice (→ no opposition in government)
- ✘ support of the Ministry of health
- ✘ willingness of 7 colleagues GPs/FPs to study and learn training programme on SBI and to run courses
- ✘ support of the Department of family medicine

BARRIERS

- ✘ scepticism among physicians about the effectiveness of such brief interventions
- ✘ scepticism among some specialists for traffic medicine and clinicians that GPs/FPs will be competent for this task
- ✘ being already much overloaded with everyday work there was opposition among some GPs/FPs because of new task

WAY FORWARD

- ✘ monitor the performance of BI
- ✘ analyze the long-term results of BI
- ✘ update knowledge and skills for SBI among physicians
- ✘ educate more nurses to do SBI