



**Federal University of Rio de Janeiro
Health Science Center
Anna Nery Nursing School
Public Health Department of Nursing**



SCREENING AND BRIEF INTERVENTION FOR PROBLEMS RELATED TO ALCOHOL AND OTHER DRUGS AMONG USERS OF THE FAMILY HEALTH STRATEGY

Angela Maria Mendes Abreu¹, Maria Helena Nascimento Souza¹, Rafael Tavares Jomar,¹ Daiane Belisario¹.
Escola de Enfermagem Anna Nery/UFRJ /BRASIL

Introduction

The use of alcohol, tobacco and illegal drugs figures among the 20 major risk factors for health problems identified by the World Health Organization (WHO), which estimates that tobacco is responsible for 8.7% of all deaths and for 3.7% of the global disease burden – measured by the disability-adjusted life years (DALY) – and that alcohol is responsible for 3.8% of deaths and 4.5% of DALY; illegal drugs, then, are considered responsible for 0.4% of deaths and 0.9% of DALY.

Objective

The objective of this survey was to identify the lifetime use of alcohol and drugs and the need to implement a brief intervention for problems related to the use of these substances among users of the Family Health Strategy in the city of Rio de Janeiro.

Methodology

A descriptive and cross-sectional research with a quantitative approach was undertaken among users from two primary health care units (UBS) that function within the ESF model, located in *Complexo do Alemão*, in the North of Rio de Janeiro city, Brazil. A sample of 1031 individuals answered a socio-demographic information form and the Alcohol, Smoking and Substance Involvement Screening Test/ASSIST Univariate analyses with simple frequency distribution were performed.

Results / Conclusion

It was observed that the drugs the respondents most used in life were alcohol and tobacco, and that the most commonly used illicit drugs highlighted were marijuana and cocaine/crack. Those who needed more brief intervention were users of tobacco, opioids, hypnotics, marijuana, cocaine/crack and alcohol. It is important to detect early problems associated with alcohol and drugs in primary care, as health promotion and protection and disease prevention are priority health practices in this scenario.

Table 1 – Sociodemographic characteristics of Family Health Strategy users in the sample. Rio de Janeiro, RJ, Brazil, 2010/2011. (n=1031)

Variables	n	%
Gender		
Female	788	76.4
Male	243	23.6
Age range (years)		
18-34	469	45.5
35-59	428	41.5
≥ 60	134	13.0
Marital situation*		
Married/Fixed partner	625	60.7
Single	229	22.2
Divorced/Separated	95	9.2
Widowed	81	7.9
Education*		
None	39	3.8
Unfinished primary education	364	35.8

Table 2 – Frequency of drugs use in life among Family Health Strategy Users in the sample. Rio de Janeiro, RJ, Brazil, 2010/2011. (n=1031)

Drugs	Drugs use in life			
	Yes		No	
	n	%	n	%
Alcohol	729	70.7	302	29.3
Tobacco	478	46.4	553	53.6
Marijuana	87	8.4	944	91.6
Hypnotics	47	4.6	984	95.4
Cocaine/Crack	43	4.2	988	95.8
Amphetamines	23	2.2	1008	97.8
Opioids	10	1.0	1021	99.0
Inhalants	09	0.9	1022	99.1
Hallucinogens	03	0.3	1028	99.7

Table 3 – Need to apply Brief Intervention among Family Health Strategy users in the sample. Rio de Janeiro, RJ, Brazil, 2010/2011.

Drugs	Need for Brief Intervention				
	Yes		No		Total
	n	%	n	%	n(%)
Alcohol	85	11,7	644	88,3	729(100)
Tobacco	187	39,1	291	60,9	478(100)
Marijuana	14	16,1	73	83,9	87(100)
Hypnotics	17	36,2	30	63,8	47(100)
Cocaine/Crack	11	25,6	32	74,4	43(100)
Amphetamines	03	13,0	20	87,0	23(100)
Opioids	04	40,0	06	60,0	10(100)
Inhalants	01	11,1	08	88,9	09(100)
Hallucinogens	-	-	-	-	-