

Prevalence of at-risk drinking and harmful alcohol use in a Tertiary University Hospital in Catalonia, Spain.

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Background

- In Spain 6% adult population between 15-65 years drinks more than 60 grams of alcohol per day. (Enquesta domiciliaria sobre drogas, 1999)
- Alcohol use is related to major health problems
- People who misuses alcohol might be over-represented in health care settings
- Lack of data regarding prevalence of at-risk and harmful drinking in hospital setting

Objective

To establish the prevalence of at-risk and harmful drinking in a tertiary hospital inpatient population

Patients and Methods

- **Design:** prospective, observational, cross sectional
- **Setting:** 800-bed University hospital that serves an area of 1 million inhabitants.
 - All medical and surgical specialities
 - Total hospitalizations: 27334
 - Emergency visits: 123236
 - Urgent admissions: 12544 (49%)
 - Occupation index: 84.2



Patients and Methods

- **Population studied:** All adult patients hospitalized for any reason on December 15, 2005.
- **Assessment:** AUDIT-C questionnaire. AUDIT-10 questionnaire was taken in patients who scored over the cut-off (>5 ① and >4 ②).

PATIENTS IN
CONVENTIONAL
HOSPITALIZATION UNITS

INITIAL DATA COLLECTION
DO YOU SOMETIMES DRINK ALCOHOLIC BEVERAGES?

YES

NO

AUDIT-C

NEGATIVE

STOP

POSITIVE
0 > 5 / 1 > 4

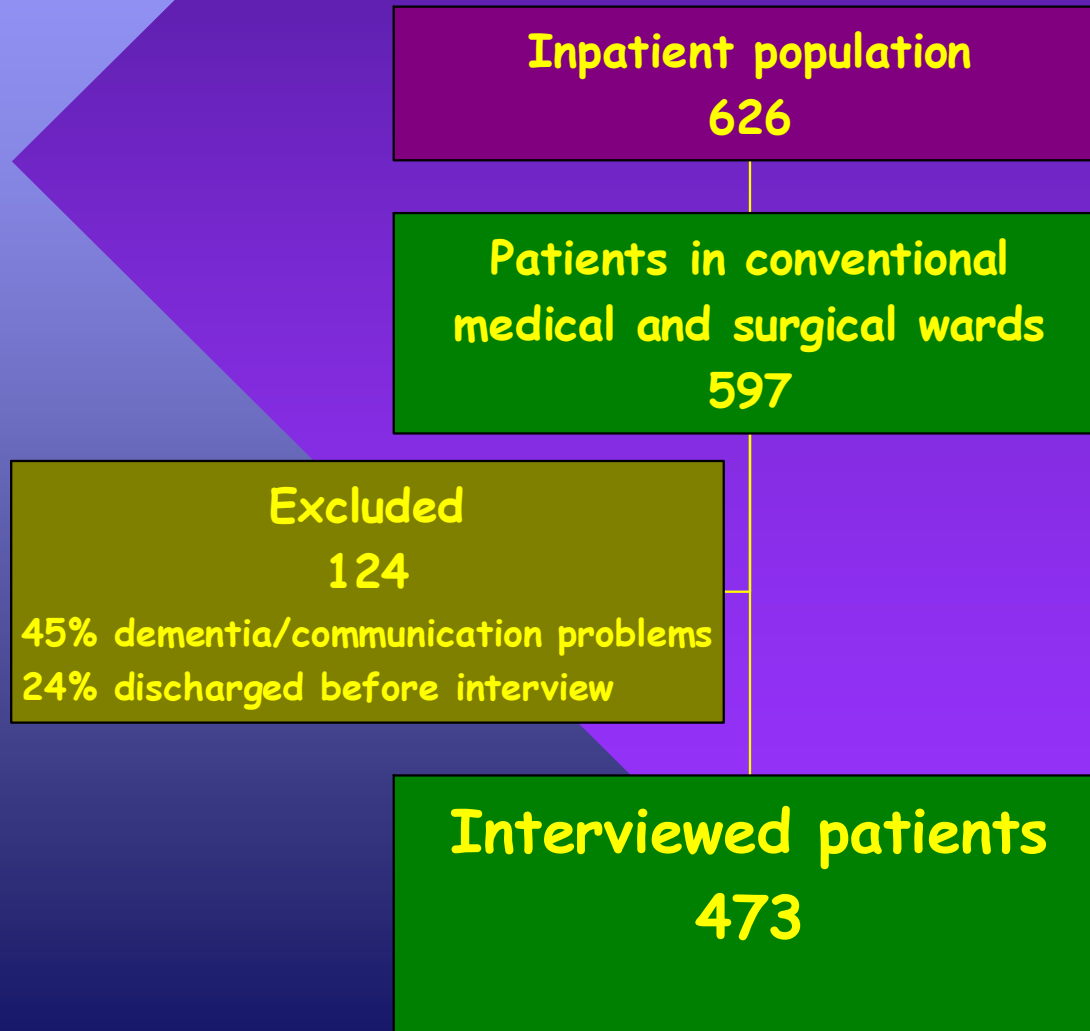
STOP

AUDIT-10
+
CLINICAL EVALUATION

Patients and Methods

- Alcohol use patterns
 - according to AUDIT-10 results and clinical assessments.
 - Abstainers- AUDIT-C = 0
 - Low risk drinking- AUDIT-C > 0 and < cut-off
 - At risk drinking- AUDIT-10 plus clinical criteria
 - Abuse and dependence-DSM-IV criteria
- Statistical analysis
 - Chi-square
 - independent samples T-test
 - Level of significance 5%.

Study profile



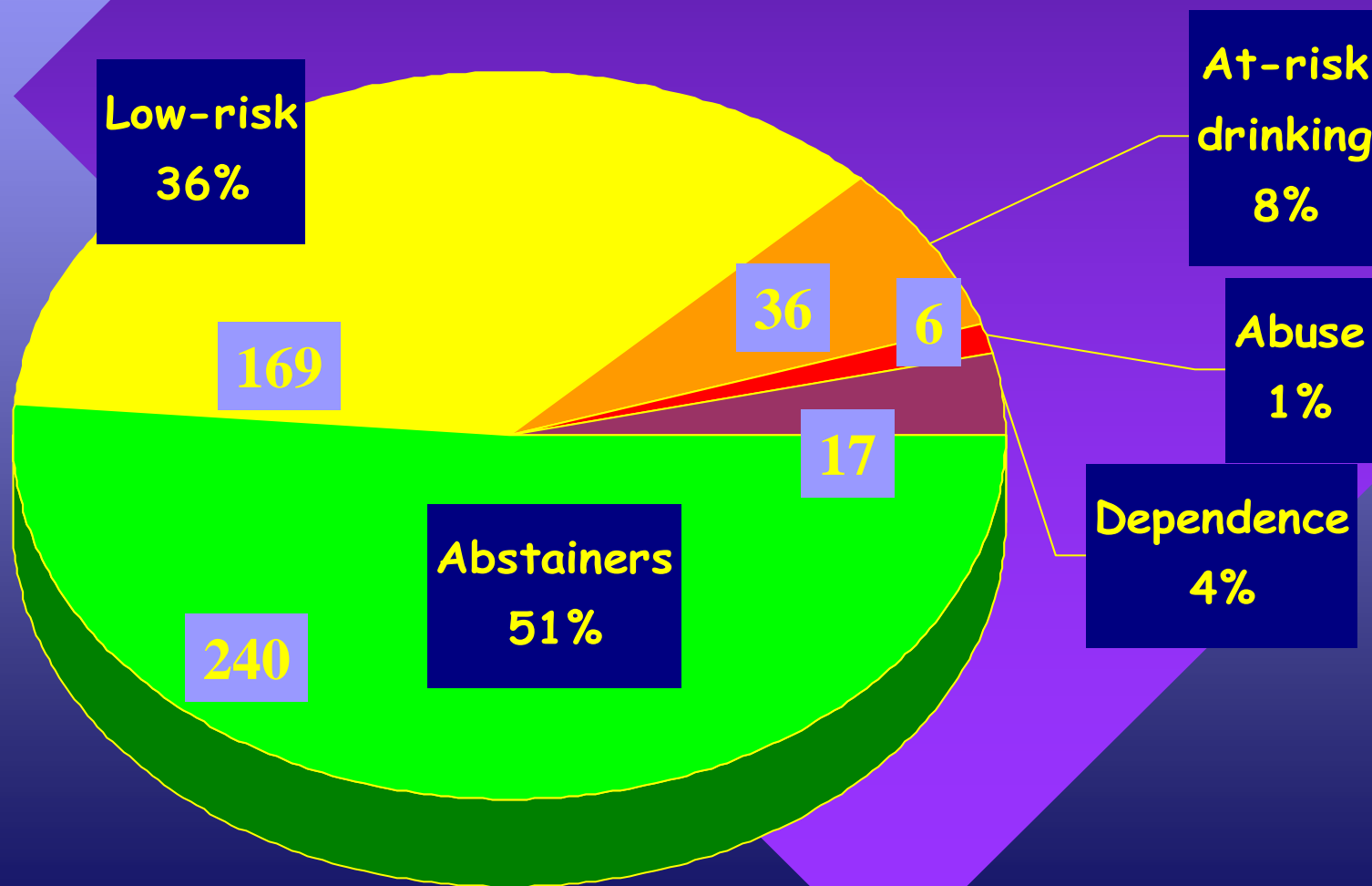
Patients' characteristics

Characteristics	n
Gender, men	263 (56%)
Age yr, $x \pm SD$	64.0 \pm 17.4
Source of admission	
Emergency	298 (63%)
Scheduled	134 (28%)
Unknown	41 (9%)
Type of ward	
Medical	158 (33%)
Surgical	315 (66%)

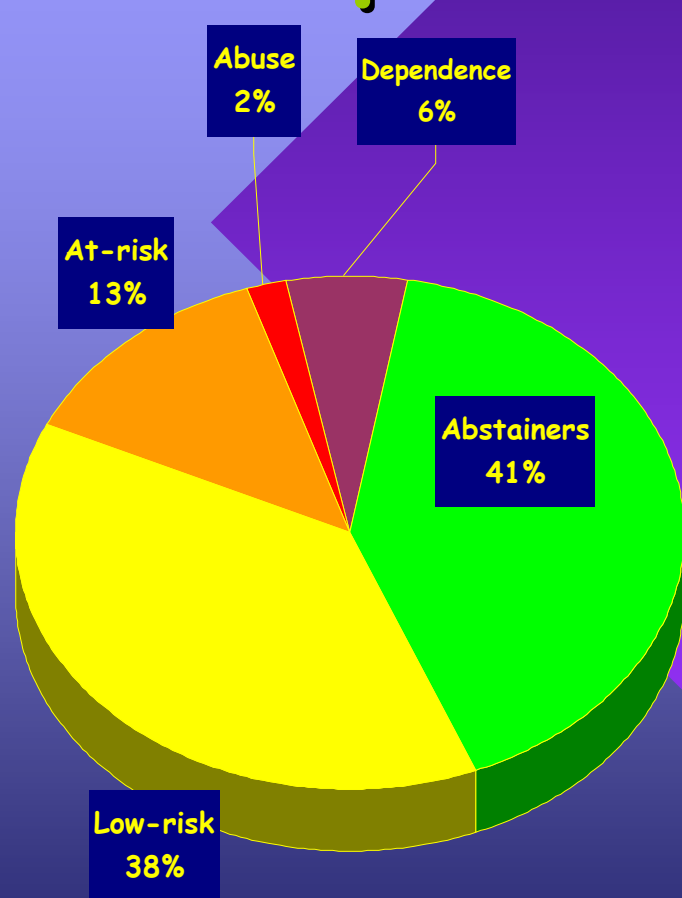
Patients' characteristics

Characteristics	$x \pm SD$	range
AUDIT-C scores	1.9 ± 2.5	0-12
AUDIT-10 scores	2.1 ± 3.7	0-33
Daily Standard drinks consumption	1.2 ± 2.5	0-20
Weekly Standard drinks consumption	7.1 ± 16.8	0-140

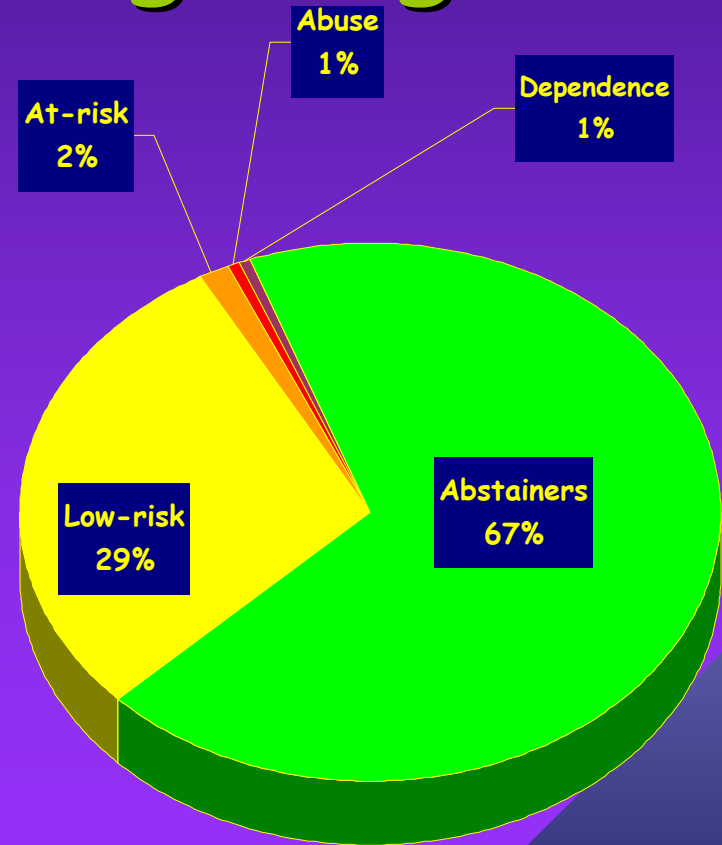
Prevalence of alcohol consumption. HUB-2005



Prevalence of alcohol consumption according to gender

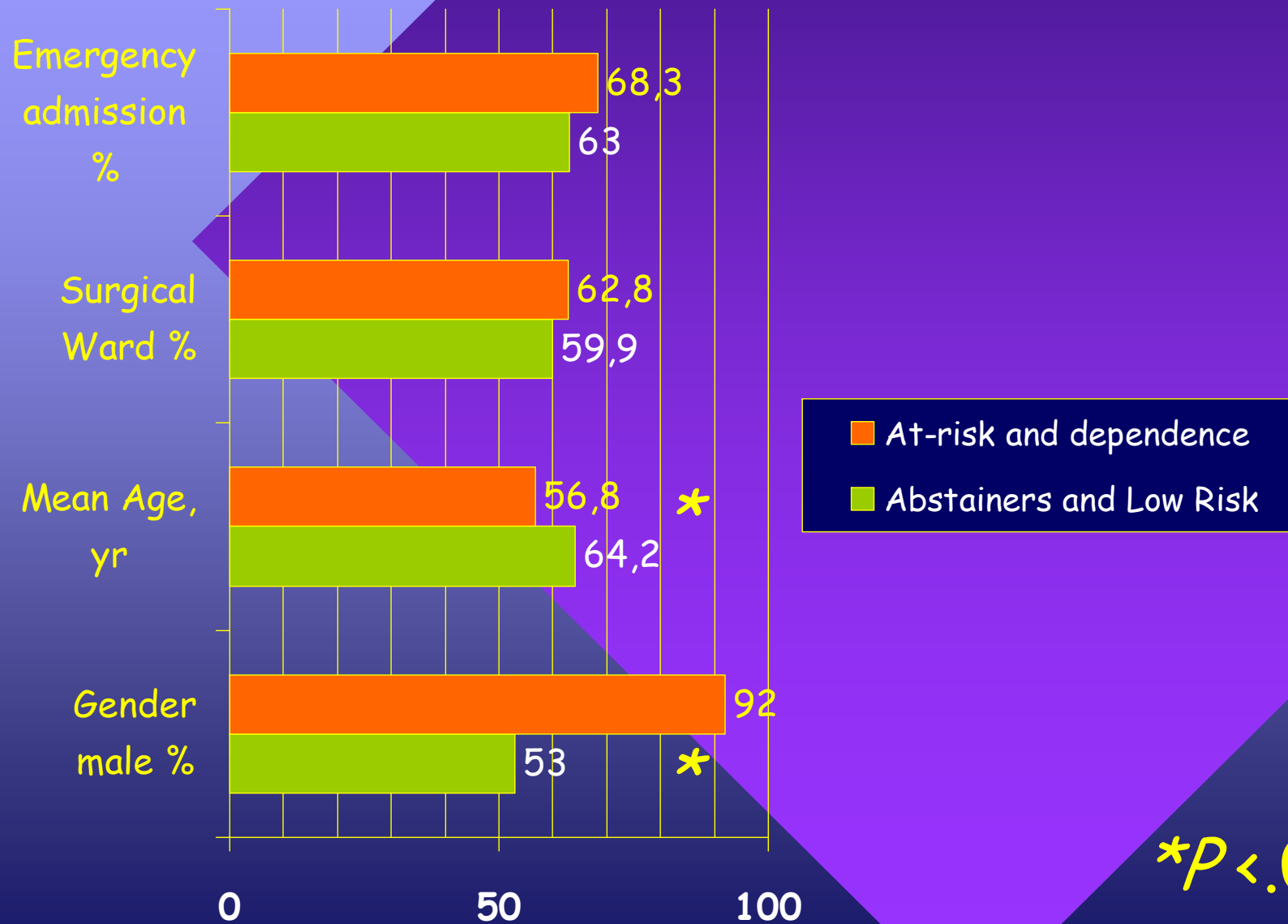


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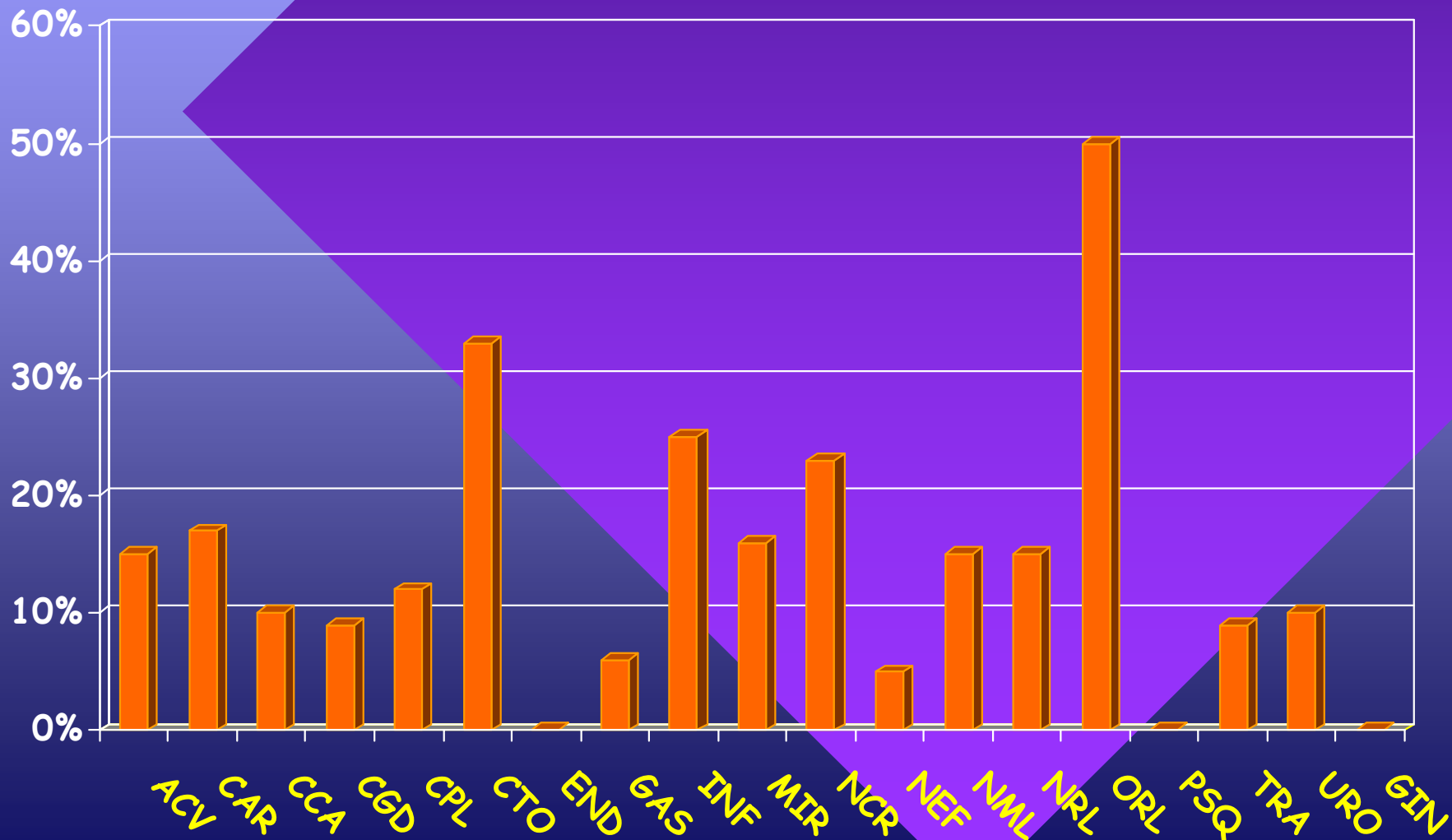
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Patients' characteristics

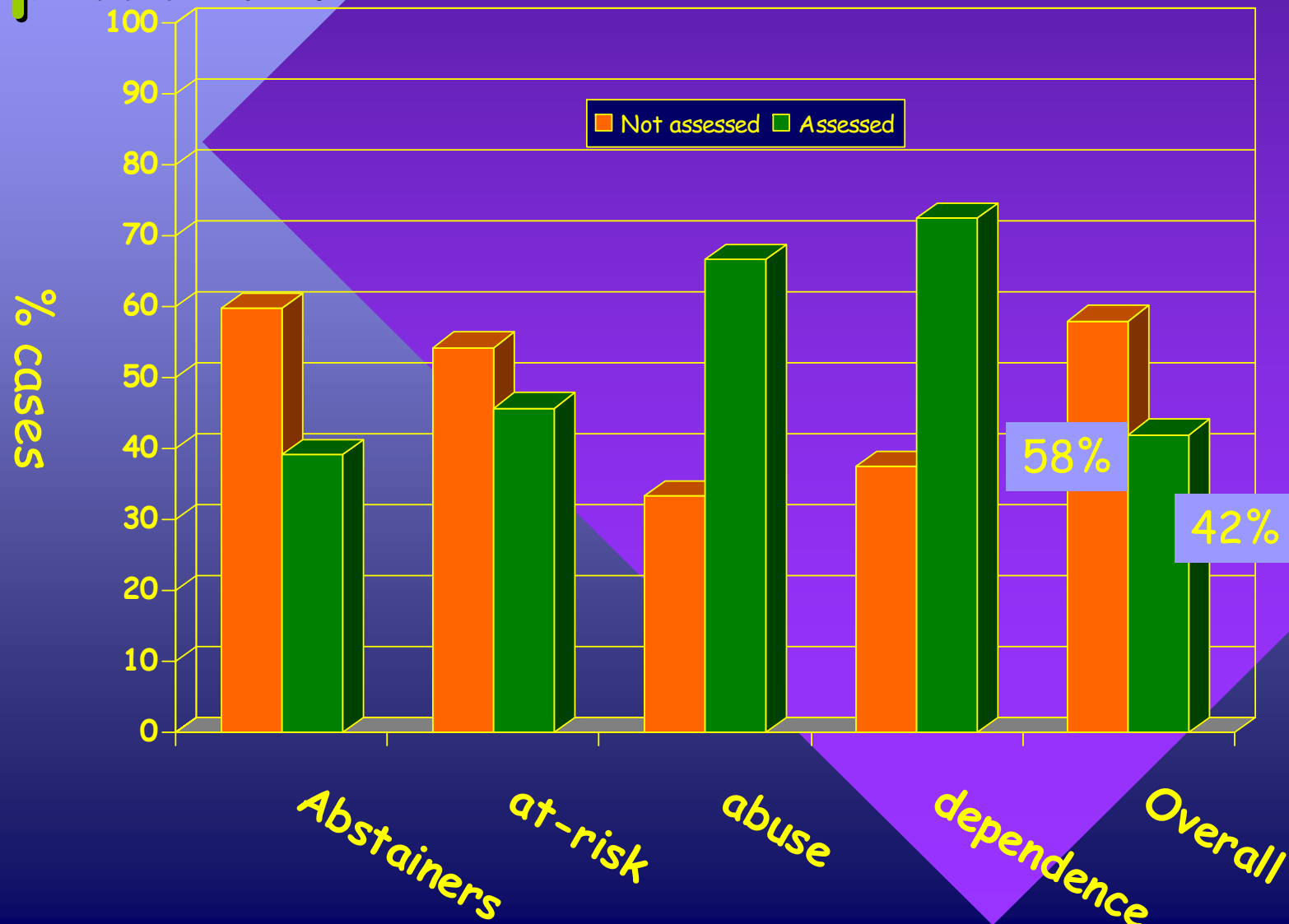


* $P < .05$

Prevalence of harmful drinking in speciality wards



Assessment of alcohol use in inpatients according to drinking pattern



Study drawbacks

- Based mainly on test results, clinical evaluation performed only for dependence and abuse diagnoses. Misclassification of abstainers.
- Limited to one day measure- repeated measures over time may give more accurate results

Conclusions

- In our inpatient population prevalence of alcohol misuse (13%) was higher than in the general population, particularly among males (21%).
- These unhealthy drinking patterns are often not assessed and remain undetected even after hospitalization
- The study outlines the need to perform specific procedures to detect and intervene in this inpatient population