## It's in the mail! An innovative way to provide SBIRT resources to trauma patients

#### INTRODUCTION

- More than 93,000 Americans die from alcohol and excessive drinking is the leading cause of death from alcohol (Esser et al., 2020).
- In Colorado, there are 5 deaths per day from ex drinking (Hughes, personal communication, Oc 2021).
- ACS previously required Screening Brief Interv Referral to Treatment (SBIRT) with all admitted screen positive receiving an intervention; howe recently updated this rule to require 80% of ad receive intervention after positive alcohol abuse
- SBIRT includes an in-person, motivational inter technique performed by the social work (SW) t level I trauma center, however, it is not always team to see the patient prior to discharge.

#### **OBJECTIVES**

- Understand the prevalence of alcohol use in th patient.
- Identify pitfalls trauma centers face trying to pe
- Describe novel, evidence-based ways to provid interventions.

# uchealth

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	INTERVENTIONS
use annually preventable	<ul> <li>Education and training of SW states</li> <li>related to staffing, COVID19 and</li> <li>Development of a post-discharge</li> </ul>
excessive ctober 25, vention and d patients who	<ul> <li>2021</li> <li>Letter generated by trauma pro- and resources</li> <li>LCSW record review for validation</li> <li>Letter is mailed within 30 days</li> </ul>
ever, ACS mitted patients e screen. rviewing eam at our feasible for the	<text><text><text><text><text><text><text><text><text><text><text><text></text></text></text></text></text></text></text></text></text></text></text></text>
e trauma erform SBIRT. de	Image: Sometimes Even One Drink is Too Much.         If you are: <ul> <li>Oriving or Planning to Drive</li> <li>At Work or Returning to Work</li> <li>Pregnant or Breast Foeding</li> <li>On Medication</li> <li>Have Certain Medical Conditions</li> </ul> <ul> <li>At dottion to a strong relationship between alcohol and motor vehicle accidents, alcohol can be involved in many other injuries such as:</li> <li>Falls             <ul> <li>Prownings</li> <li>Prownings</li> <li>Prosentsit: Violence</li> <li>Sports Injuries</li> </ul> <ul> <li>Domestic Violence</li> <li>Sports Injuries</li> </ul> <ul> <li>Health Effects of Alcohols</li> </ul></li></ul>

increased risk for many cancers.

during pregnancy.

40% Do not drink

alcohol problems

5% Dependent drinkers

Birth defects have also been associated with drinking

35% Drink a moderate amount and are at low risk for

Age 65+

If you drink more than this,

you can put yourself at risk for illness and/or injury.

How Much Do People Drink?

20% At risk drinkers or problem drinkers

iource: National Longitudinal Alcohol Epidemiologic Survey, 1992

f but challenges ensued need for timely discharge intervention process in April

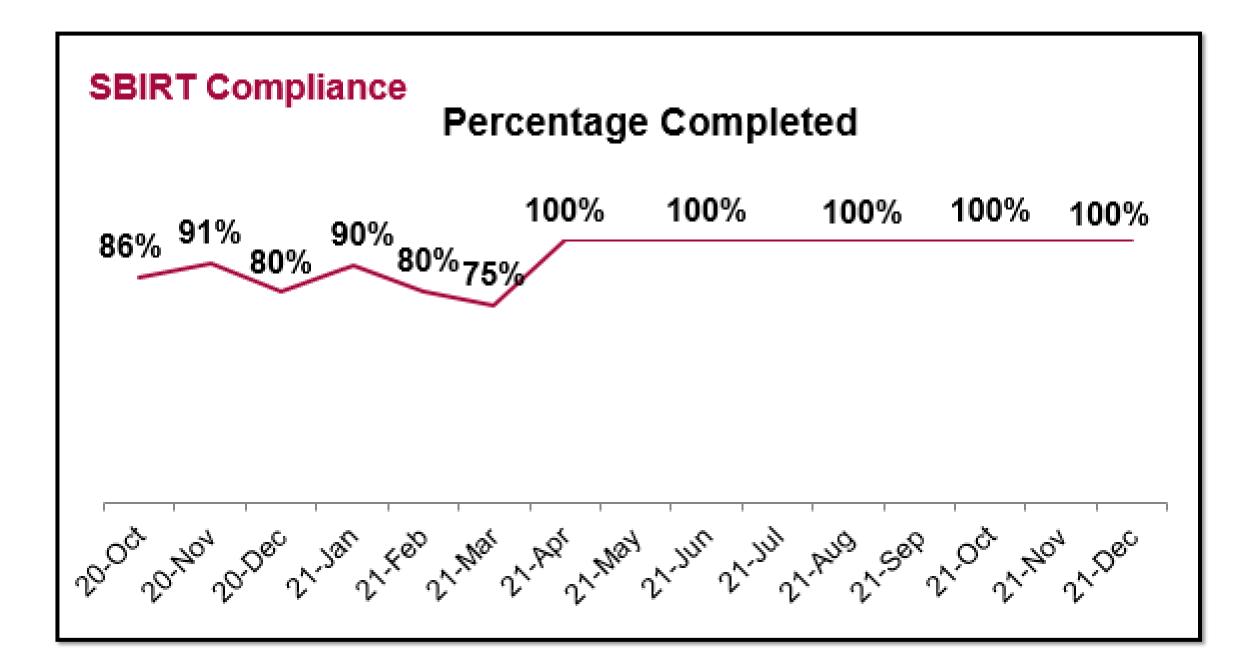
gram with self-assessment

### tion of need for intervention of discharge



#### **DISCUSSION / NEXT STEPS**

- self-assessment letter.
- benefit (Turner, 2020).



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Turner, C. (2020). The clinician's guide to alcohol moderation: Alternative methods and management techniques. Routledge.

• Although staff were screening more than 90% of patients for alcohol abuse, the SW team was not able to see all patients prior to discharge and perform an intervention.

• All patients now receive either motivational interviewing or a

Letter is cost-effective and takes limited time to produce.

Although self-assessment model is not as ideal as

motivational interviewing, it is a technique that still offers

 Next steps are to gain IRB approval and perform follow-up interviews and alcohol-abuse assessments to determine the effectiveness of the post-discharge, self-assessment model.

#### References