

The Transferable Skills of IBA: Making Every Contact Count

David Henstock

Alcohol & Drug Liaison Senior Nurse and
Alcohol Pathway Lead



Why consider transferable skills?

- Important to make things as straightforward as possible for non specialist staff
- Learn the basic skills that are always appropriate
- Make Every Contact Count



- Lifestyle = significant costs to the NHS
- Stepped Care = unlikely people will be in contact with specialists
- Size of NHS workforce = lots of contacts
 - BI work!

In the UK

- About 20% smoke
- About 25% drink too much
- About 60% are overweight or obese
- Only 40% of men and 28% of women achieve recommended weekly levels of physical activity

Chris Heffer

DoH Deputy Director Drugs & Alcohol

(2009)



Lifestyle challenges such as alcohol misuse, smoking and obesity cost the NHS at least £9.4bn annually (of £100bn budget), society £37.3bn annually and cause 140,000 preventable deaths each year

We still face major challenges in preventing illnesses which are rooted in people's lifestyle choices

Chris Heffer

DoH Deputy Director Drugs & Alcohol
(2009)



**Health Care
is
More Popular
than
Lifestyle Change**



King's Fund 2012

- Examined four lifestyle risk factors:
 - smoking,
 - alcohol excess,
 - poor diet
 - low physical activity
- Significant number engage in 3-4 of these
- Reducing: 33% - 25% between 2003-2008
- But poorest 5x more likely in 2008 (3x - 2003)

Brief Interventions - A definition

Any therapeutic or preventative activity delivered by a health worker within a short period of time.

Babor 1994

Clarity from Alcohol Academy 2010

- ***Simple Brief Advice / Minimal Interventions:*** 5-10 minutes; delivered by all; online or short face to face training
- **Extended Brief Interventions / Brief Motivational Interviewing:** 20-30 minutes +/- follow on sessions; delivered by appropriately trained generalists
- **Brief Treatment:** multiple sessions / appointments; Alcohol Specialists



Brief Interventions for

- Substance Abuse
- Smoking Cessation
- Alcohol problems
- Weight Management
- Depression
- Reducing Violence
- Increasing physical activity
- Preventing type 2 diabetes
- etc

Smoking

- Ask people about their smoking status
- Advise all smokers to quit
- Ask if they are interested in quitting
- Offer referral to support services
- Consider medicines to help
- Document your actions

Brief interventions and referral for smoking cessation in primary care and other settings NICE 2006

Drug Misuse

- Ask everybody about drug use
- Link use to actual or potential risks
- Encourage behaviour change
- Offer written information about substances they use, and services in their area
- Offer follow up or referral

Weight Management

- **Screen / Identify the overweight/obese**
- **Assess readiness to change**
- **Provide brief advice**
- **Refer higher risk to more intensive treatment**
- **Offer follow-up to help track progress and 'problem-solve' barriers / problems**



Alcohol

- Screen to identify: targeted or universal
- Advise about actual or potential harms
- Ask about barriers to change
- Employ: FRAMES
- Give practical advice
- Set goals / target
- Refer if need more help

NICE 2010

‘If the only tool we have is a hammer then we start to see all problems as nails’

Abraham Maslow



Part of motivating and supporting people to change behaviour:

- Recognise how their social contexts and relationships may affect their behaviour, and identify and plan for such situations
- Plan explicit 'if-then' coping strategies to prevent relapse

NICE Behaviour Change 2007



If a behaviour is to change:

- It must not be part of coping strategies or needs to be replaced with healthier ones
- Life needs not to be too problematic or uncertain
 - there are limits to a person's capacity to adapt and change
- Appropriate social supports must be available - from peers and communities

Naidoo & Wills 1994

Before change occurs, the person needs:

- to recognise that change is necessary
- to believe that change is possible

So, what is transferrable?

- Ask about the behaviour – screening tool
- Compare this to ‘healthy’
- Relate the behaviour to their own health
- Advise of benefits of change
- Provide advice /info: verbal and written
- Ask importance of change /10
- Ask confidence in change /10
- Offer support
- Refer or signpost
- Document what you have done!