Two New Tools to Improve Alcohol and Drug Assessment

SBIRT:
Alcohol, Smoking and Substance Involvement Screening Test - Lite
(ASSIST-Lite)

Quick Self – Assessment Tool for Patients

Formal Assessment Version for Clinicians

Why do we need to improve screening?

Alcohol and other drug (AOD) use is common and has a high disease burden

- **Nearly 1 in 5** (19.07%) presentations to Emergency Departments in Western Australia are related to alcohol consumption, with **more than 50%** of these due to injury.

Nearly 1 in 4 Western Australians aged 14 years and older consumed 5 or more drinks in one session, at least monthly	**1 in 6** Western Australians aged 14 years and older used illicit drugs in the previous 12 months.

🚑 Health	👪 Social	$ Economic
• **burden of disease** • **injury & hospitalisation** • **drug-induced deaths** • **mental health** • **pregnancy complications** • **injection-related harms**	• risky behaviour & criminal activity • victimisation & trauma • family & domestic violence • contact with the criminal justice system	• financial cost • household expenditure • lost productivity AOD use costs the Australian community an estimated $55.2 billion per year.

How should I use the new screening tools?

Self-Driven:

For when

- It's not obvious that alcohol or drugs are a problem.
  (You'll be surprised how often we miss it!)

- When drug use is not the primary concern

- To improve quality of alcohol and drug screening

- To promote shared decision-making and patient autonomy

- To provide reliable and structured process for clinicians

Clinician-Driven:

For when

- The primary presentation is alcohol and / or drug related

- The clinician is concerned that the patient may be at risk

- When formal screening is required documentation (eg mental health services)

- To guide management or referral options

How do I access the screening tools?

- Two options
  - Self-screening tool: e-assist-lite pamphlet and feedback form
  - Clinical screening tool and feedback form

Access via QR Code on Patient Pamphlet / in Clinical Area	Hard Copy Screening Tool
- Encourage patients to scan QR Code with phone and complete self - screen - Ask if they have concerns about the result	- Available in your clinical area - Will have MR Number for filing in medical record
(Record in medical record the screen was offered / completed)	File hard copy in medical record
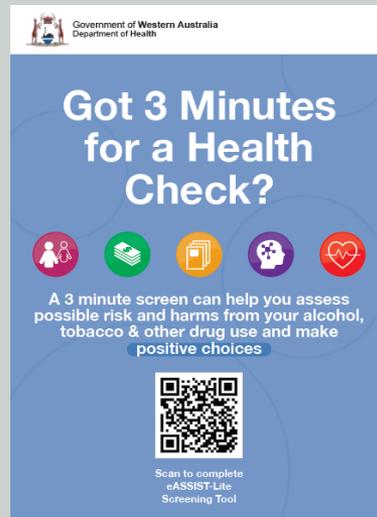
or

What's in it for me?

- Quick, easy, validated tool.
- Guides your interaction with patients
- Identifies risk status for both patient and clinician to pre-empt clinical care.
- Directs you to treatment options based on level of risk
- Improves patient care and documentation

- Early identification of patients at risk of harm from alcohol and drug use
- Non-threatening, non-judgemental language
- Self-screening promotes patient engagement and shared responsibility
- Well accepted and popular with patients

Patients say:

51% had never been asked about their alcohol intake by a health professional

91% felt that screening in ED was acceptable

97% of patients reported that screening was done sensitively by staff

Discussion +/- referral as indicated by risk score

Medium Risk

- Provide the ASSIST-Lite Feedback Pamphlet

- Guided discussion (through the pamphlet) in response to patient concerns

- Encourage self screening 3 monthly (use the free app)

- Patient to consult health professional if concerned about drug / alcohol use

ASSIST-Lite Risk and Management Scores		
Low Risk	General Health Information	☐
Medium Risk	Provide ASSIST-Lite Feedback Pamphlet	☐
	Provide MHC Self Help Guide if patient interested	☐
High Risk	Provide ASSIST-Lite Feedback Pamphlet	☒
	Provide MHC Self Help Guide if patient interested	☒
	Referral to AOD Service FOR ASSESSMENT	☒
	Consider commencing appropriate withdrawal chart	☒

High Risk

- **As for moderate risk, PLUS**

- **Refer (with permission) to AOD Service for assessment**

- **Consider appropriate withdrawal chart**

More Information..

For more information on Screening, Brief Intervention and Referral see:
Alcohol and Other Drugs Early Intervention Practice and Pathways Document
ASSIST Portal for a range of ASSIST screening and information tools including
brief intervention, instruction manuals and e-learning.

References

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