



Howard University Washington, DC

# Implementing a SBIRT Curriculum for Medical Residents: Training the Next Generation

**National Transportation Safety Board Impaired Driving Forum  
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**Dean Emeritus (2005-2011)**

**Howard University**

# Howard University Hospital

- ❑ Originally known as Freedman's Hospital- 1862
- ❑ Level 1 Trauma Center
- ❑ Accredited Medical Residency programs: cardiology, dentistry, dermatology, family medicine, internal medicine and several subspecialties, neurology, obstetrics and gynecology, ophthalmology, oral maxillofacial, orthopedic surgery, pathology, pharmacy, podiatry, psychiatry, and general surgery.
- ❑ HUH attracts medical students from all over the country and internationally, many of whom graduate to practice in underserved areas and in primary care.

# History and Mission of Alcohol Research Center

- ❑ Established September, 1997
- ❑ Funded Primarily NIAAA
- ❑ To stimulate, strengthen, and facilitate multidisciplinary research and collaborations that will lead to the reduction of alcohol morbidity and mortality among minority populations with emphasis on the African Americans

# What is SBIRT?

□ **S**creening

□ **B**rief **I**ntervention

□ **R**eferral to **T**reatment

□ A comprehensive, integrated, public health approach conducted by health and social service providers to:

- Screen patients for alcohol/substance abuse problems
- Deliver early intervention and treatment

# Projects That Were The Foundation for SBIRT

- ❑ Alcohol Research Center (1997)
  - Social Work Curriculum on Alcohol Use Disorders
  - Understanding Alcohol: Investigations into Biology and Behavior (High School)
- ❑ A Medical Education Model for the Prevention and Treatment of Alcohol Use Disorders (1998)
- ❑ Alcohol Intervention in an Inner-City Emergency Room (2003)
- ❑ Addiction Medicine Elective (2004)

# Academic Emergency Medicine SBIRT Collaborative

- ❑ N = 7,751 → 26% positive for at-risk drinking.
- ❑ Controlling for baseline drinking levels, patients receiving the intervention had **3.25 fewer drinks** per week than controls.
- ❑ The intervention was **more effective with at-risk** drinkers than with **dependent** drinkers.
- ❑ Among non-dependent drinkers, **the intervention group was twice as likely as controls to no longer exceed** the NIAAA guidelines.

# Missed Opportunities

## □ Training Needs

- 9 in 10 physicians fail to diagnose substance abuse in adults
- 4 in 10 miss it in teens
- 19.9% - "very prepared" to identify alcohol dependence
- 16.9% - "very prepared" to identify illegal drug use
- 30.2% - "very prepared" to identify prescription drug abuse

Johnson T et al., Physician Beliefs About Substance Misuse and Its Treatment: Findings from a U.S. Survey of Primary Care Practitioners (2005) *Substance Use & Misuse* 40:1–13.

# Why SBIRT?

- U.S. Preventive Services Task Force (USPSTF)
  - Screening and behavioral counseling interventions to reduce alcohol misuse by adults, including pregnant women, in primary care settings
- Joint Commission on Accreditation of Healthcare Organizations (JCAHO)
- American College of Surgeons Committee on Trauma (ACSCOT)
  - Mandates that Level 1 Trauma centers have a mechanism to identify problem drinkers and
  - Provide brief interventions for patients that screen positive



# Howard University SBIRT

## Know the **R.I.S.K.**



- R**aise the issue of substance abuse
- I**nform the patient about healthy behaviors
- S**creen for substance abuse problems
- K**now how to offer brief intervention and referral to treatment



# Mission



- Provide physicians and other health care professionals exceptional quality education and training to be competent in the identification and management of alcohol/substance use problems through appropriate screening, brief intervention, and referral to treatment.



# Vision



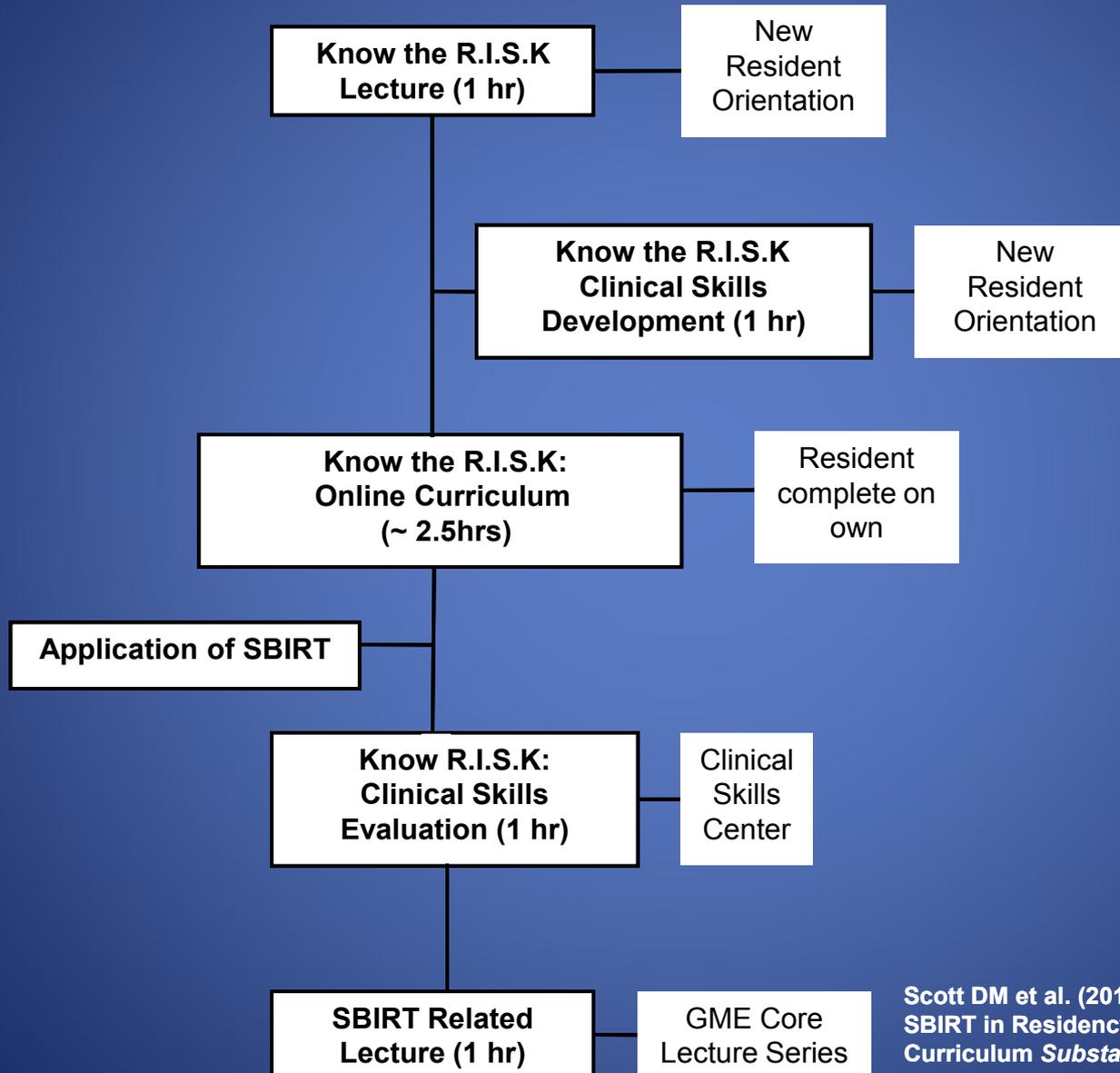
- Utilize technologically advanced techniques to become the leader in education and the promotion of screening, brief intervention, and referral to treatment .
- A special emphasis is placed on the roles of the **doctor-patient relationship, cultural competency, and primary care** in the reduction of alcohol/substance use disorders and related health care disparities.

# Target Specialties

- Family Medicine
- Internal Medicine
- Obstetrics & Gynecology
- Psychiatry
- General Surgery

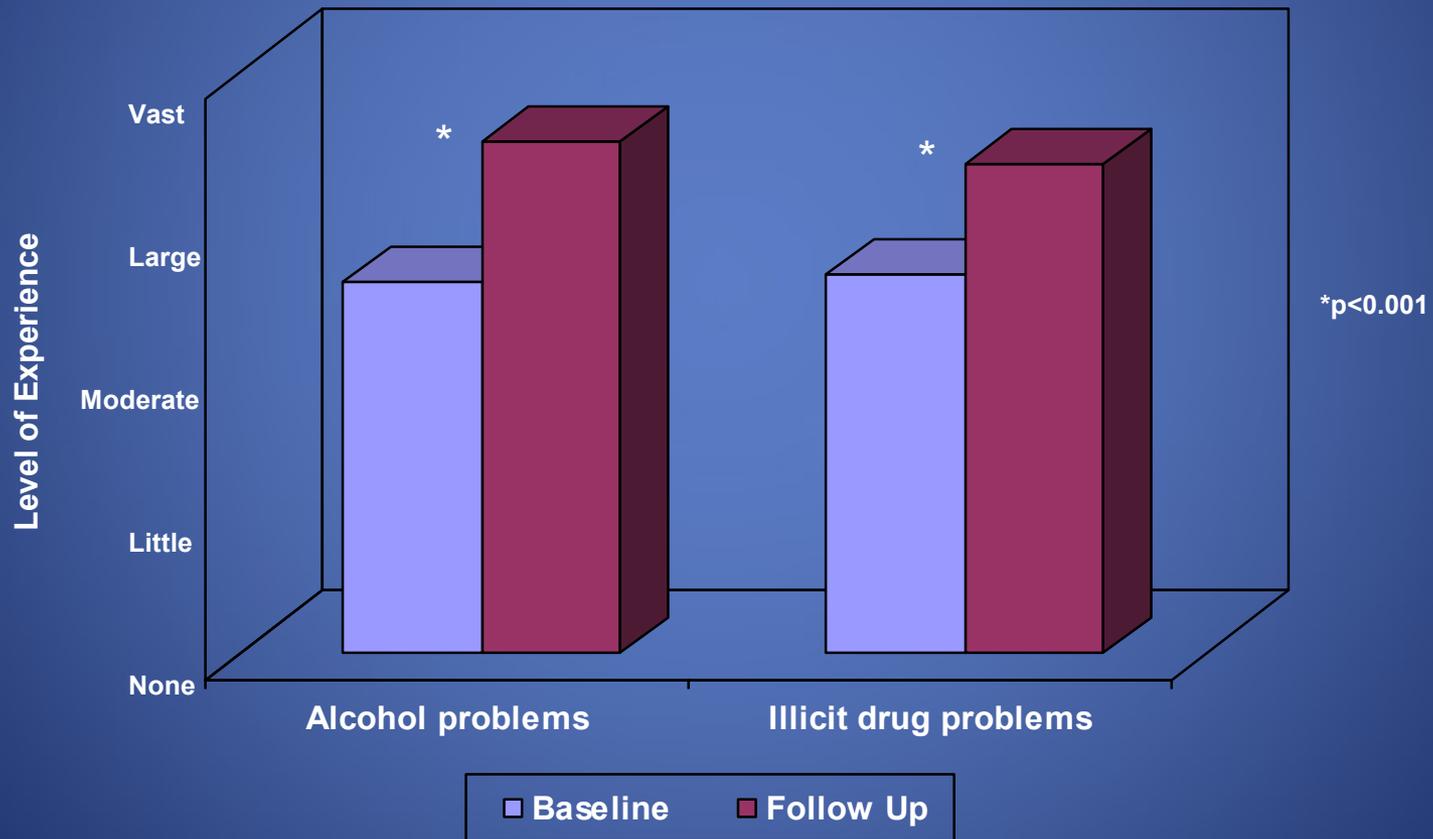
# Implementation

DEPARTMENTAL CHAMPION



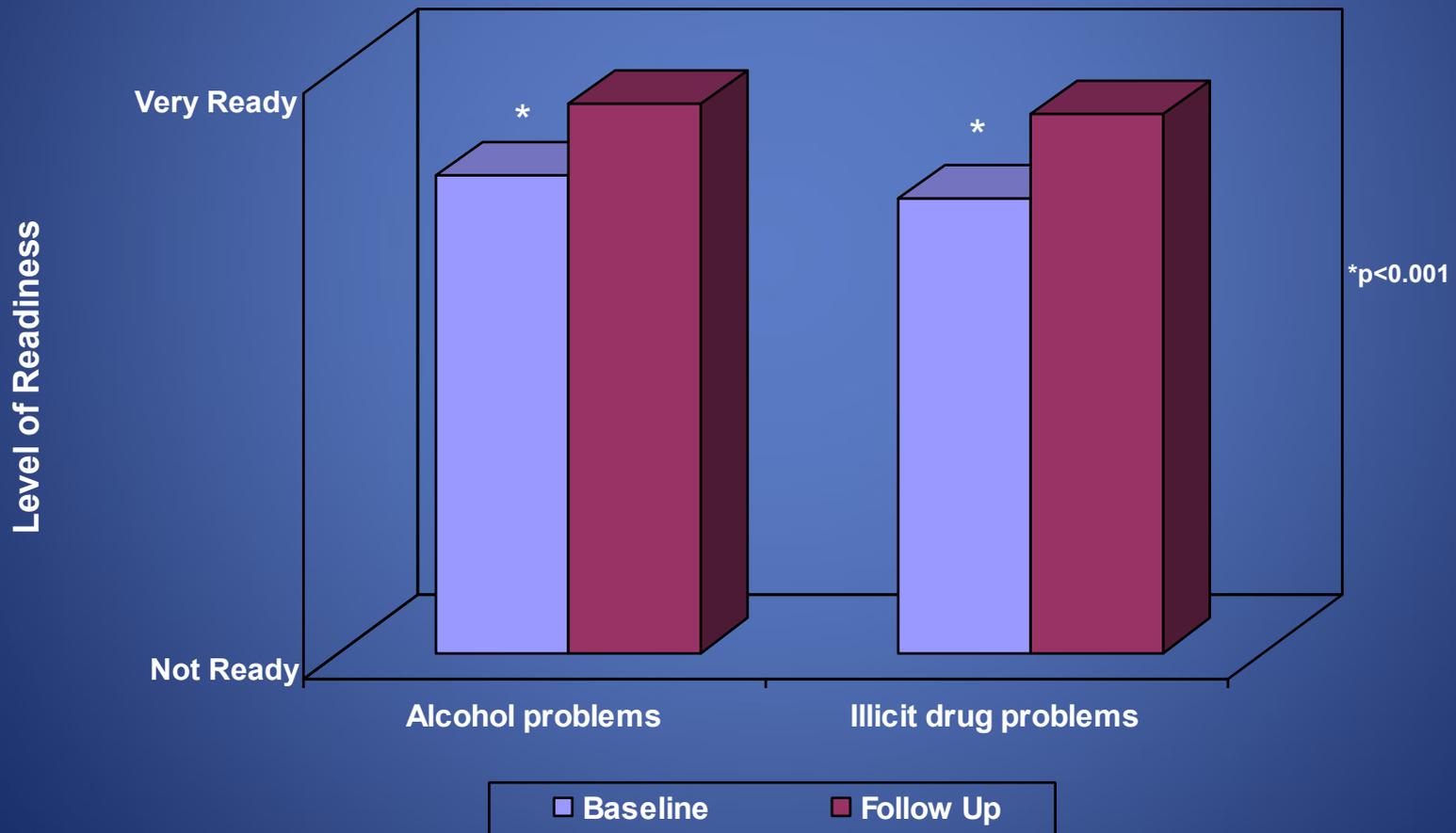
## Preliminary Results:

# Level of experience working with patients with alcohol or illicit drug problems (n=124)



# Preliminary Results:

## Readiness to initiate screening and brief intervention in patients (N=124)



# Summary of Preliminary Results

- ❖ Observed changes in residents experience attitudes and readiness to change.
- ❖ Training was generally well accepted by residents.
- ❖ Currently obtaining patient feedback on incorporation of SBIRT into visits.

# Lessons Learned

- ❑ **Buy-in from all the parties involved**

- ❑ **Departmental champion**

  - Liaison to assist SBIRT Program

    - Facilitate faculty & resident training
    - Model, observe & document utilization of SBIRT during patient care
    - Develop specialty case for Clinical Skills Center Assessment

- ❑ **Emphasize that the techniques can be applied in helping patients address other chronic diseases**

    - hypertension
    - diabetes
    - eating disorder

## Other Resident Specialties

- Dentistry
- Dermatology
- Ophthalmology
- Orthopedic Surgery
- Pathology
- Pharmacy



## Other Health Care Professionals

- Medical Students
- Nurses
- Social Workers
- Genetic Counselors



# Effectiveness of SBIRT on Impaired Driving

- Emergency practitioner performed BI can reduce alcohol consumption and episodes of driving after drinking in hazardous and harmful drinkers.

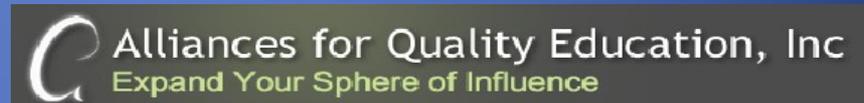
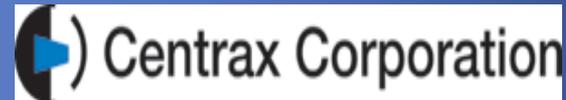
D'Onofrio et al. (2012) A Brief Intervention Reduces Hazardous and Harmful Drinking in Emergency Department Patients *Annals of Emergency Medicine* (in press).

- Motor vehicle crash patients given BI for alcohol plus a booster had fewer alcohol-related injuries.

Mello et al. (2005) A Brief Intervention Reduces Hazardous and Harmful Drinking in Emergency Department Patients *Annals of Emergency Medicine* 45:620-5.

- Limited published findings: additional funds are needed to evaluate the effectiveness SBIRT
  - Other professionals (Law enforcement officers, Fireman, EMT, High school and college nurses, counselors, psychologists)
  - Illicit and prescription drugs

# Acknowledgments



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