



ODHIN

**Optimizing delivery
of health care interventions**



Enhancing management of heavy alcohol consumption in primary healthcare: what works? A systematic review, meta-analysis and meta-regression analysis

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Why this review?

- SBI is effective in primary care
- **However**, large studies show difficulty in SBI implementation
- **Aim:** To identify **elements of implementation** strategies which have **impact** in decreasing heavy **alcohol consumption** in primary healthcare.

Methods

- Search in MEDLINE, Embase, Cinahl and CCTR, reference list, consulting experts
- Screening on titles/abstracts
- Data extraction and methodological quality
- Primary outcomes: alcohol consumption
- Secondary outcomes: SBI, costs

Methods (2)

- Meta-analyses with MetaEasy
 - Random effects model
 - Standardized mean differences
- Meta-regression in SPSS
 - Single/multiple component
 - Type of implementation strategy
 - Study duration
 - Physicians only/combined

Results

- 3968 unique citations → **29** studies in 35 papers
- Participants:
 - Physicians
 - Nurses
 - Nurse practitioner
 - Other
 - Patients mostly (55%) 30-69 years

Results: effects on alcohol consumption

- Pooled estimate:
 - SMD 0.07 (95%-CI -0.02–0.16)
- **Combinations of professional, organizational and patient** oriented strategies were more effective than solely professional oriented strategies

Results: effects on screening

- Pooled estimate:
 - SMD 0.53 (95%-CI 0.28–0.78)

Increased effectiveness by:

- **Multiple types** of implementation strategies
- **Combining patient + professional** oriented
- **Combining physician** with other professions

Results: effects on brief interventions

- Pooled estimate:
 - SMD 0.64 (95%-CI 0.27–1.02)

Increased effectiveness by:

- **Multiple component**
- **Combining patient + professional oriented**
- **Duration >12 months**

Discussion

- Implementation strategies affect SBI, but not alcohol consumption
- Implementing SBI: combine **patient**, **professional** and **organisational** oriented implementation strategies and involvement of **other staff** next to physicians.
- Monitor and improve implementation fidelity

Thank you



"THE WIFE AND I HAVE DECIDED TO NOMINATE OUR WEEKLY DRINK-FREE DAYS AS TOMORROW AND THE DAY AFTER TOMORROW."