

BRIEF INTERVENTION (BI) FOR WORKERS WITH PROBLEMS RELATED TO ALCOHOL CONSUMPTION: AN INTEGRATIVE REVIEW

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BACKGROUND

In Brazil, the pattern of alcohol consumption is in the range of the highest in the world, resulting in consequences such as violence, traffic accidents, absenteeism and presenteeism at work, decreased worker's performance, rising unemployment and low incomes. The high consumption rates are due to hard working conditions causing emotional overload to workers. This issue focuses on the necessity of enabling strategies, in order to promote health and prevent diseases resulting to alcohol abuse.

OBJECTIVE

To identify the scientific production on BI in workers with problems related to alcohol consumption.

METHOD

This is an integrative review, whose search was performed in Pubmed, Scopus and LILACS. Six studies were selected out of 135 references.

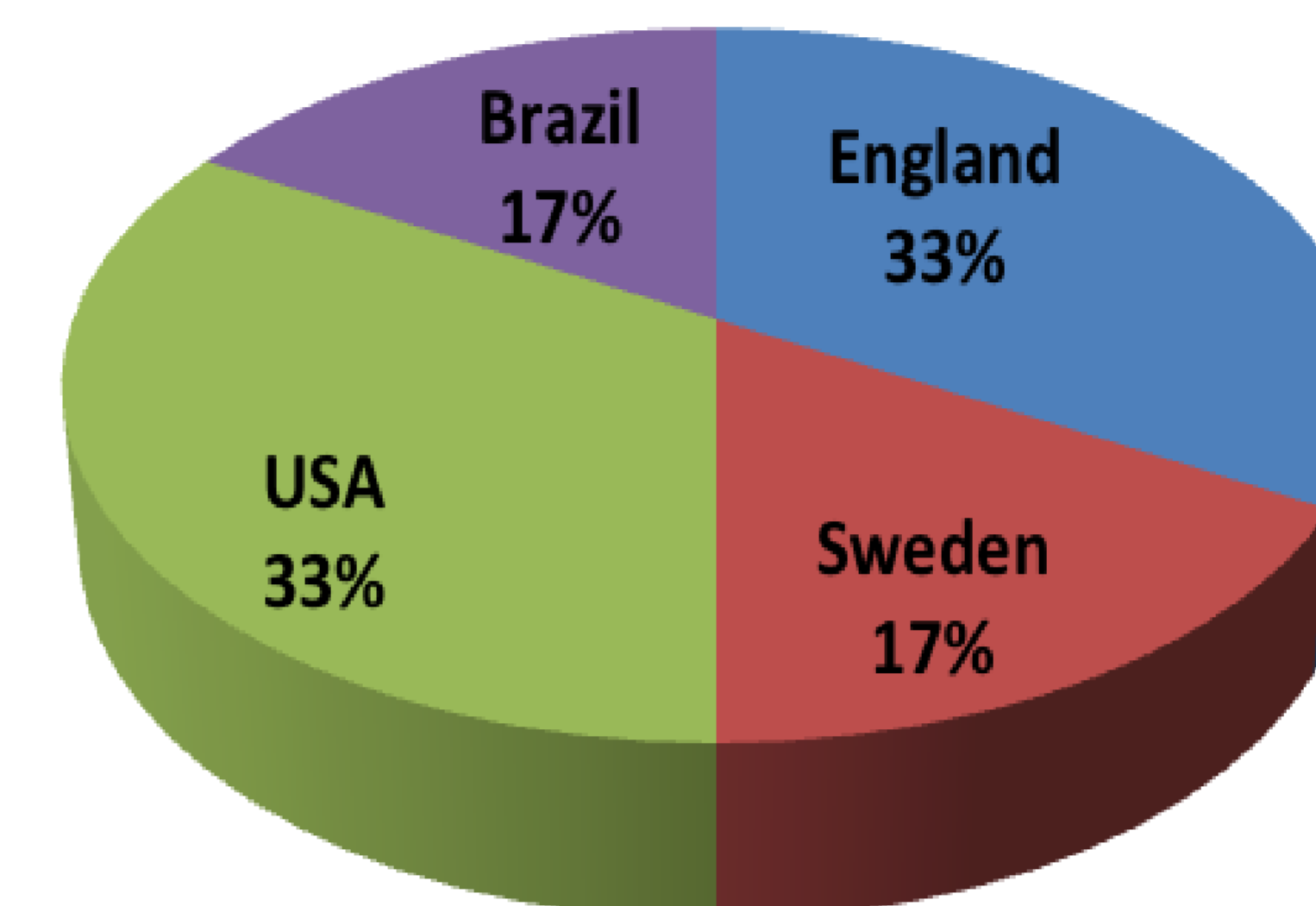
RESULTS

Some evidences were identified for the effectiveness of BI in reducing alcohol consumption and the acceptability of workers at screening.

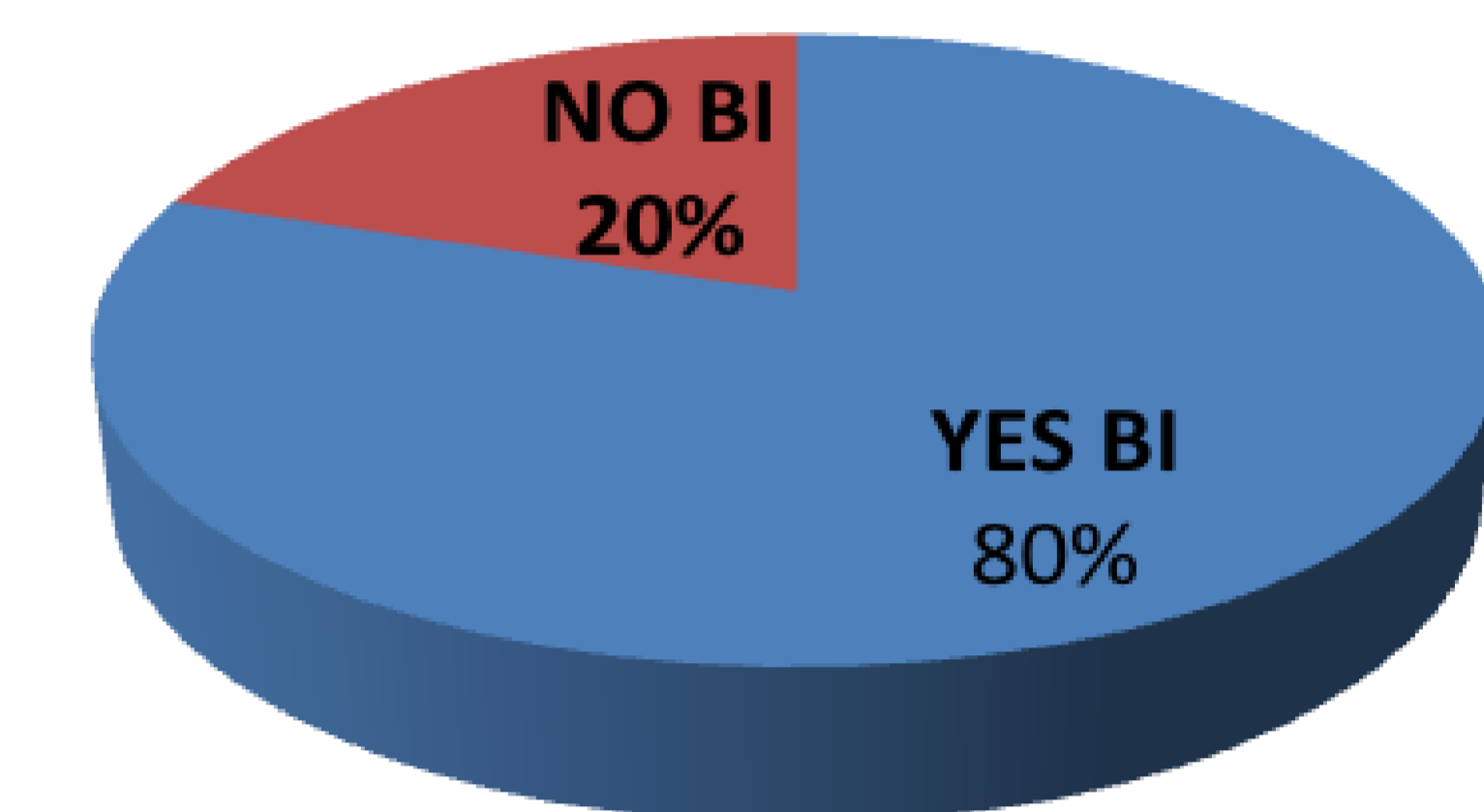
CONCLUSION

Advantages and limitations of using this type of intervention have been submitted. It is contributing to the implementation of the BI in the workplace, in order to reduce or cease consumption of hazardous and harmful alcohol and prevent diseases and avoid dependence among workers.

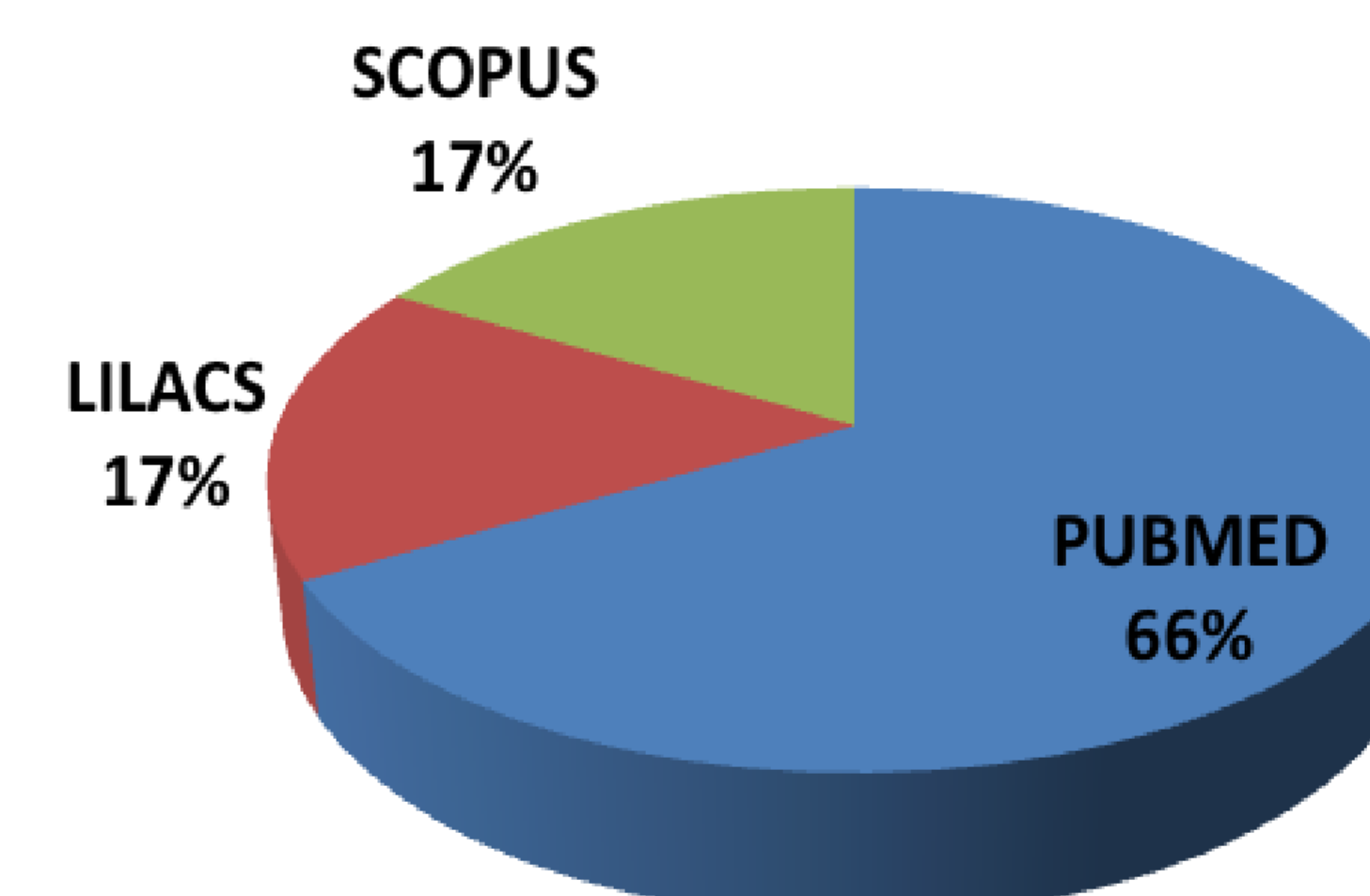
Grafic 1 - Distribution of articles that answer the question of research, from 2004 to 2014, according to country of origin. Rio de Janeiro, 2014. Brazil.



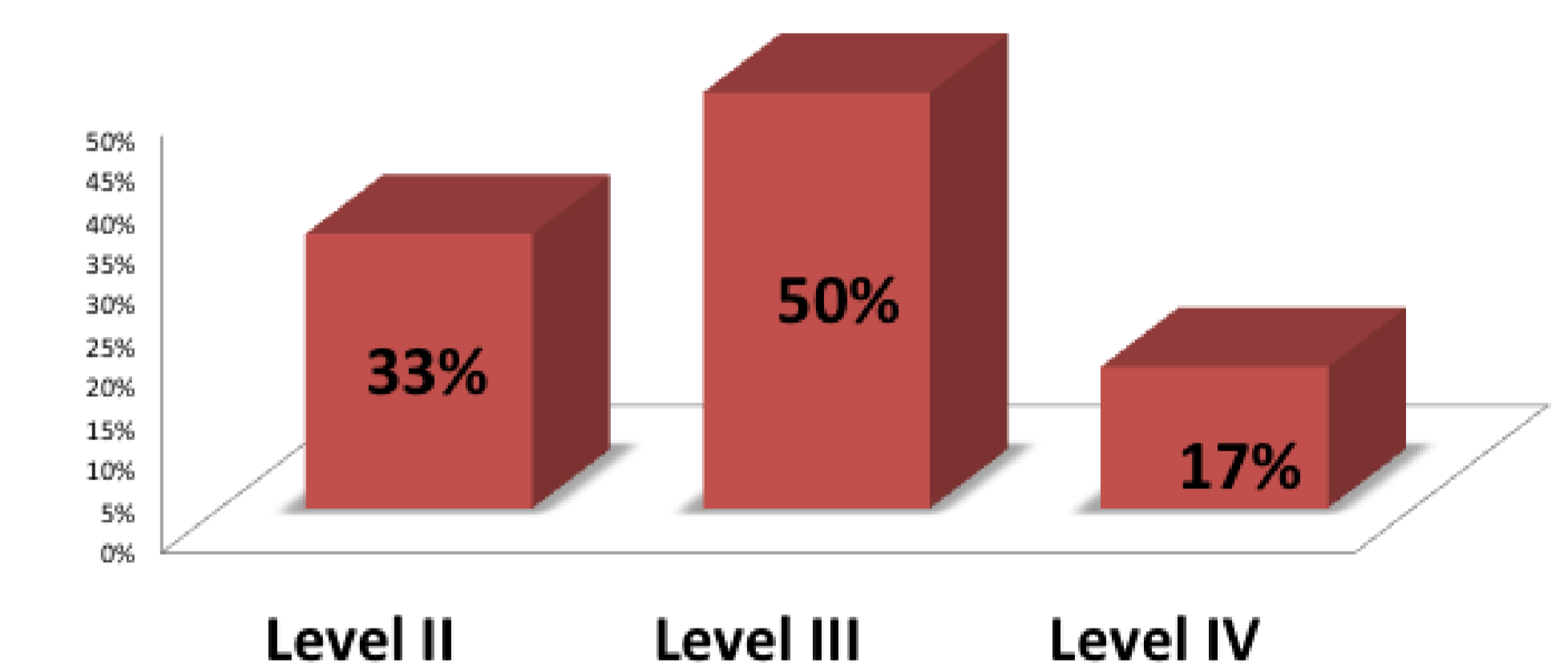
Grafic 2 - Distribution of articles that answer the question of research, from 2004 to 2014, according to the working Brief Intervention (BI). Rio de Janeiro, 2014, Brazil.



Grafic 3 - Distribution of articles that answer the question of research, from 2004 to 2014, according to data base. Rio de Janeiro, 2014, Brazil.



Grafic 4 - Distribution of articles that answer the question of research, from 2004 to 2014, according to level of evidence. Rio de Janeiro, 2014, Brazil.



Author, Year, Publication, Source, Country	Participant / sample	Intervention / goal
Murray E et al. BMC Public Health. 2013 May 24;13(1):505. England	1472 employees of a multinational company in the UK	Perform tracking of alcohol consumption (AUDIT C) in workers through the Health Check and Brief Intervention online
Allen E, et al. Trials. 2011 Nov 4;12:238. England	370 workers	Explore the efficacy and acceptability of a brief intervention to reduce the prevalence of hazardous and harmful alcohol consumption to male workers.
Hermansson U, et al Alcohol Alcohol. 2010 May-Jun;45(3):252-7. Sweden	1303 workers of a company that performed the periodic review	Evaluate the effectiveness of brief intervention for workers in hazardous and harmful consumption of alcohol in the 12 months after screening.
Osilla KC, et al. Behav addict. 2010 Mar; 35 (3):194-200. USA	The sample consisted of 1197 participants, who attended the Employee Assistance Program	Examine changes in productivity in the workplace and costs related to customers who have received the Brief Intervention for risk drinking, the Employee Assistance Program.
Ronzani, Telmo Mota, et al. Estud. psicol. (Natal); 12(3): 285-290 set.-dez. 2007. Brazil	Participants were firefighters of the 4th Military Fire Battalion of Juiz de Fora, with a sample of 303 firefighters.	Implement the BI in Juiz de Fora firefighters through the Health Assistance Service
Tracy L, et al. Drug and Alcohol Review (November 2010), 29, 641-646. USA	295 Workers at a US company of the Workers Assistance Program	Assess the feasibility of implementing the screening by phone and brief intervention for workers served by the employee assistance program with problems related to alcohol use and abuse

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