

Scaling Up a Healthcare Workforce to Deliver Screening, Brief Intervention and Referral to Treatment (SBIRT): A Pilot Project **INEBRIA 2019**

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Background

- In 2018, over 139 million Americans aged 12 and older reported alcohol use and 31 million reported illicit drug use (SAMHSA, 2019).
- Alcohol and other drug use goes often undetected in ambulatory care settings.
- Alcohol Brief Interventions (ABI) have a significant role in reducing alcohol consumption, particularly nurse-delivered ABIs (Platt et al., 2016).
- ABIs can be delivered in 30 minutes or less (Gonzalez et al., 2019).

Background

- Nurses have not been educated about how to screen and manage patients with substance use by using evidence-based practices (Savage et al., 2014).
- Healthcare providers lack the knowledge of how to screen for substance use and provide interventions that are based on the identified risk (Finnell & Albright, 2019).

Significance

- Delivery of an online program on screening, brief intervention, and referral to treatment (SBIRT), intended to increase knowledge in clinical strategies for addressing alcohol and other drug use.
- With education that can be feasibly provided to nurses in ambulatory care settings, they will be equipped to move knowledge to action.
- This project primes the organizational system for widescale education and subsequent implementation of SBIRT as standard practice.



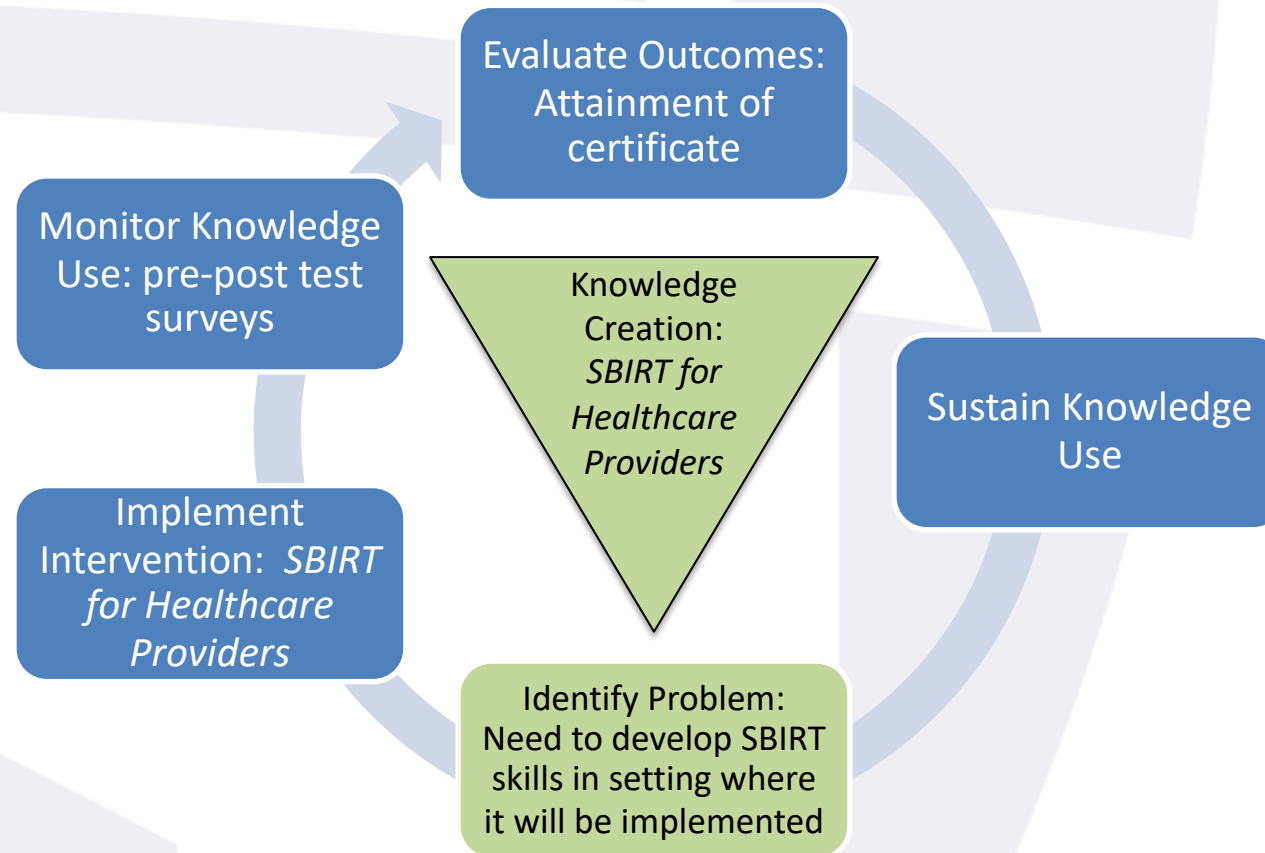
Intervention

Screening, Brief Intervention, and Referral to Treatment (SBIRT) for Healthcare Providers.

learn.nursing.jhu.edu/SBIRT

- The intervention was a 7-module self-paced online program on SBIRT (Finnell & Seale, 2017)
 - Introduction
 - Definition of SBIRT
 - Motivational Interviewing
 - Screening
 - Brief Intervention
 - Referral to treatment
 - Observing/evaluating a provider

Knowledge to Action Framework



Knowledge to Action Framework. Adapted from "Some theoretical underpinnings of knowledge translation" by Graham, I. D., Tetroe, J., & KT Theories Research Group, 2007. *Academic Emergency Medicine*, 14(11), 936-941.

Purpose

The purpose of this project was to evaluate an online educational program on screening, brief intervention and referral to treatment (SBIRT) among ambulatory care nurses

Aims

- (1) To increase SBIRT-related knowledge
- (2) Determine the need for future SBIRT education
- (3) Identify facilitators and barriers to future SBIRT implementation

Methods

- Design:
one-sample pretest/posttest
- Setting:
Five ambulatory care departments at a Federally Qualified Health center
- Sampling:
Convenience sample of ambulatory care nurses

Outcome/Measurements and Analytical Plan by Aims

Aims	Outcome/Measurement	Analytical Plan
1. To increase SBIRT-related knowledge	SBIRT-related knowledge / 10-question multiple choice Knowledge test	Wilcoxon Signed Rank Test
2. Determine the need for future SBIRT education	(1) Previous SBIRT education / Multiple choice question (2) Confidence to screen for alcohol and drugs / Likert-style question	Frequency Median
3. Identify facilitators and barriers to future SBIRT implementation	Barriers and facilitators to SBIRT implementation / Post-intervention survey	Thematic analysis (Braun & Clarke, 2006)

Results

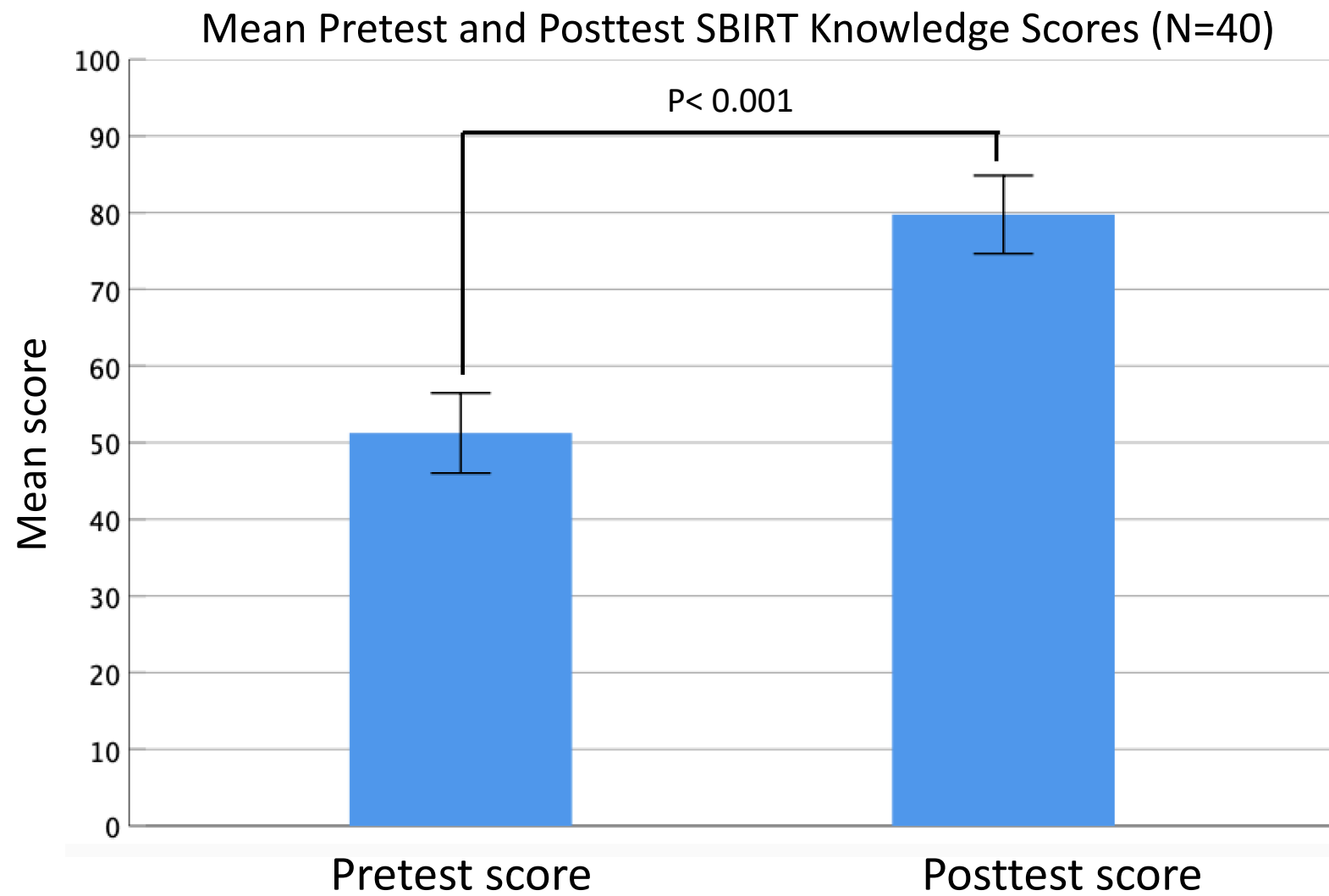
Sample Description

Baseline characteristics of the nurse participants (N = 40)

Characteristics	n (%)
Gender	
Male	7 (17.5)
Female	32 (80)
Other	1 (2.5)
Race	
White (non-Hispanic)	2 (5)
African American	5 (12.5)
Hispanic or Latino	9 (22.5)
Asian	22 (55)
Two or more races	2 (5)
Age – mean (\pm SD)	46.1 (\pm 13.2)
Experience in years – mean (\pm SD)	17.7 (\pm 12.8)
Licensure	
Licensed Practical / Vocational	1 (2.5)
Registered Nurse	34 (85)
Advanced Practice Registered Nurse	5 (12.5)
Prior SBIRT education	
None	18 (45)
2 hours or less	8 (20)
2-4 hours	7 (17.5)
4 or more hours	7 (17.5)

Note. Categorical data reported as number (%). Continuous data reported as means (\pm SD), SD = standard deviation, SBIRT = screening, brief intervention and referral to treatment

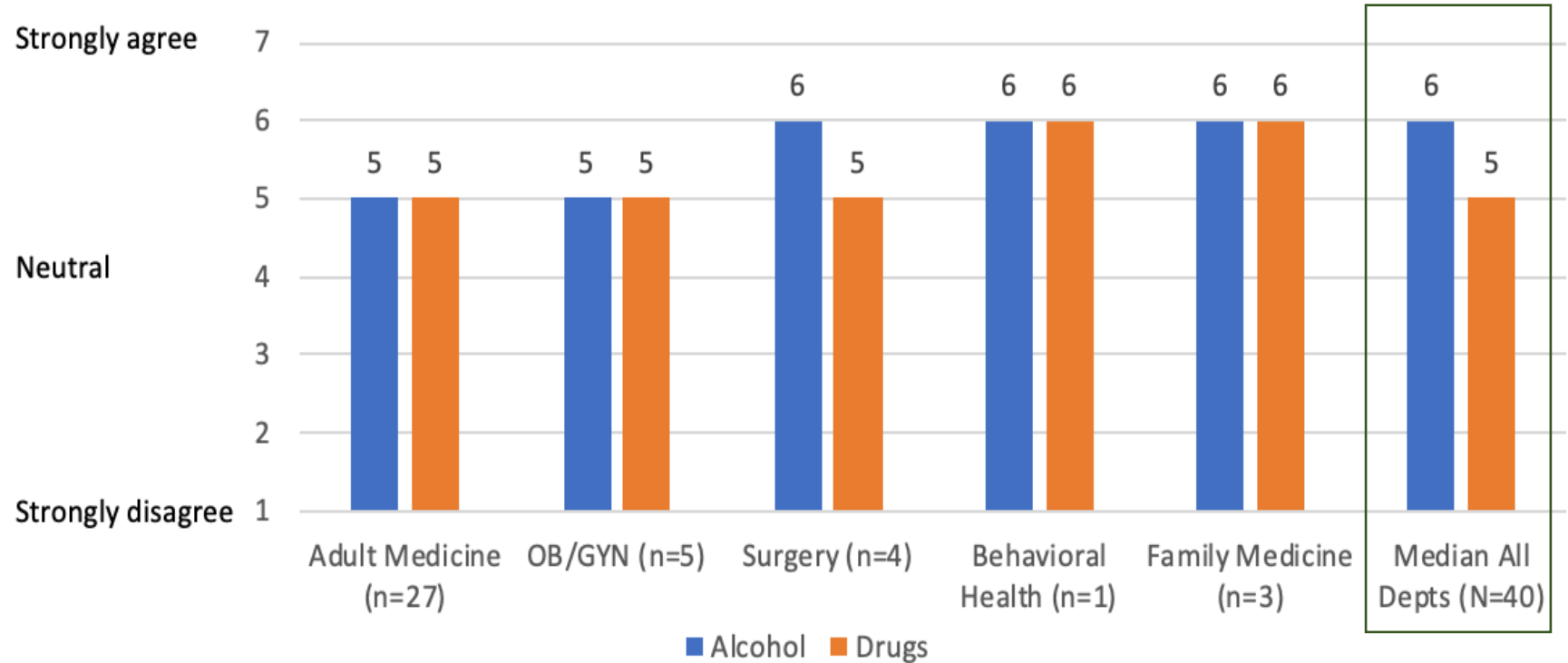
Aim 1:
Increase
SBIRT-related
knowledge



Error bars show 95% confidence intervals

Aim 2:
Determine
the need for
future SBIRT
education

Confidence to Screen for Alcohol and Drug Use Likert Median Score by Department



Screening confidence statement for alcohol and drug use

Aim 3:
Facilitators and
barriers to SBIRT
implementation

Themes and Subthemes for the Facilitators and Barriers to SBIRT Implementation

Theme (Barriers and Facilitators)	Subtheme (Barriers)	Subtheme (Facilitators)
1.Time	Length of encounter	Increase length of encounter Improve workflow
2.Education	Lack of training Lack certification	Different training topics Educational formats On-going training Certification
3.Resources	Space Referral resources Access to SUD services	Referral resources SUD specialists SUD guidelines Staffing Funding
4.Receptivity (Provider and patient)	Stigma Patient and staff satisfaction Mental health problems Culture (language) Confidence	Motivation Patient and staff satisfaction Organizational support
5.Interprofessional Collaboration	Communication	Communication Understanding of roles Team-based practice

Discussion

- The knowledge test scores were consistent with a pilot study conducted at the same facility (Gonzalez & Finnell, 2019)
- Findings that the nurses' lack of prior SBIRT knowledge is consistent with studies indicating that nurses are ill-prepared to address this problem
- Confidence scores to screen for alcohol and drugs were high after the intervention, but additional research is needed to determine how that translates to practice
- For each barrier to SBIRT implementation, a corresponding facilitator was identified that could overcome it

Conclusions

Project was feasible

There was an increase in SBIRT-related knowledge

Although most of the nurses had little prior SBIRT education, they had high confidence levels to screen for AOD use after the intervention

Five facilitators were identified to overcome corresponding barriers to SBIRT implementation

Ongoing Initiatives

Translation

- Ongoing trainings on SBIRT
- Expansion of trainings
- A new QI project can focus on evaluating the proportion of nurses conducting screening

Dissemination

- Findings were disseminated during nurses' week at the facility where the project was conducted
- A manuscript has been submitted to a peer-reviewed journal

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Questions?

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