

## **2.1 SUMMARY**

### **2.1.1 Background**

Brief alcohol intervention (BAI) is an effective modality to decrease alcohol use and alcohol-related problems observed in 20 % of patients in primary care. Teaching BAI to primary care residents is a major challenge for the success of implementation of BAI in primary care.

### **2.1.2 Working hypotheses**

- 1) Teaching BAI to primary care residents improves residents' skills, attitudes, and knowledge regarding alcohol counseling.
- 2) BAI conducted by primary care residents is effective in reducing hazardous drinkers' alcohol use.

### **2.1.3 Methods**

- Randomize 30 primary care residents in Lausanne and Geneva University Primary Care Centers into teaching BAI or control groups.
- Teach the BAI group to develop BAI skills.
- Teach control group about management of dyslipidemia.
- Screen hazardous alcohol use in a consecutive sample of 5329 patients seeking routine medical care.
- Evaluate the educational program by assessing:
  - i. Residents' skills, attitudes, and knowledge regarding hazardous drinkers before and 1 month after the educational program (Resident outcome I).
  - ii. Residents' satisfaction in interactions with hazardous drinkers, before and 1 month after the educational program (Resident outcome II).
  - iii. Number of BAI counseling steps (out of 9) used by residents (Resident outcome III).
  - iv. Persistence of the effects of teaching screening and BAI over time (Resident outcome IV).
- Perform a 3-month follow-up comparing hazardous drinkers' alcohol use before and 3 months after screening and BAI (Hazardous drinker outcome A 1, 2, 3).
- Perform a 12-month follow-up on similar drinking outcomes (Hazardous drinker outcome B 1, 2, 3).

### **2.1.4 Expected value of the proposed project**

- This study has important implications for the success of implementation of BAI in primary care.
- Successful implementation of BAI in Switzerland would dramatically decrease alcohol use and related problems.

### **2.1.5 Keywords**

Medical education, BAI, primary care, residents, hazardous alcohol use.