


**eSBIRT Update**

August 2013

Matthew G. Hile, PhD  
Missouri Institute of Mental Health



---

---

---

---


---

---

---

---

**Ch Ch Ch Changes**



---

---

---

---

---


---

---

---

**Many Fewer Questions**

- Removing all of the GPRA sections
- Remove follow-up reminder and tracking sheet
- Removing Attitude Assessment



---

---

---

---

---

---

---

---

### Improving Prescreening

- What is screening?

	Predicted Present	Predicted Absent
Is Present	True Positive	
Is Absent		True Negative




---

---

---

---

---

---

---

---

### Improving Prescreening

- What is screening?

	Predicted Present	Predicted Absent
Is Present	True Positive	False Negative
Is Absent	False Positive	True Negative




---

---

---

---

---

---

---

---

### Original Prescreening

- More than 4/5 drinks in a day (NIAAA)
- Drink more than you intend
- Felt need to cut down drinking (CAGE)
- Smoke pot, use another street drug, or use a prescription painkiller, stimulant, or sedative for a non-medical reason (single item drug screen)




---

---

---

---

---

---

---

---

### Initial Look

- No "gold" standard
- An alternative standard
- Original screen – alternative standard
  - Sensitivity  $\approx 44\%$
  - Specificity  $\approx 12\%$
- Revised screen – alternative standard
  - Sensitivity  $\approx 80\%$
  - Specificity  $\approx 71\%$

proportion of correctly identified positives

proportion of correctly identified negatives



---

---

---

---

---

---

---

---

### New Screening Questions

- In the past 3 months, how often do you have a drink containing alcohol?
- In the past 3 months, how many drinks containing alcohol do you have on a typical day when you are drinking?
- In the past 3 months, how often do you have 4/5 (female/male) or more drinks on one occasion?
- (tobacco and drug questions unchanged)



---

---

---

---

---

---

---

---

### Wait just a minute! Our prescreen is in the EMR.

- "Other prescreen positive" option
- Or doing an additional prescreen may save effort



---

---

---

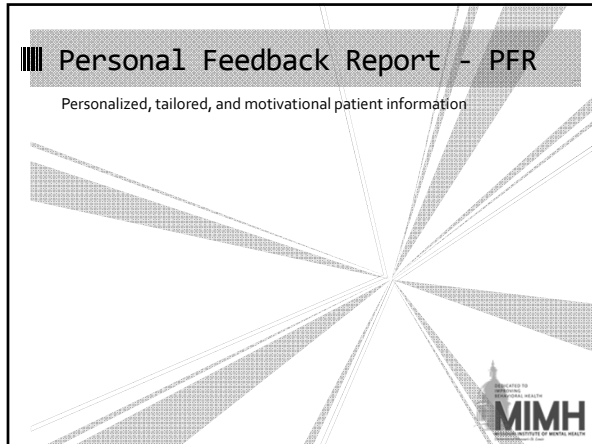
---

---

---

---

---




---

---

---

---

---

---

---

---

**About This Report**

Matthew, like most men you face a lot of responsibilities and decisions every day. These include how you take care of yourself and your future. From Dr. Oz to your mother, it seems like everyone has an opinion or advice about how to be healthy.

While there are many ways to be healthy, this report focuses on helping you learn about the relationship between your current substance use and risks to your health. Based on what you told us, this report will answer the questions:

- What health risks do you face (in particular for alcohol)?
- How do you compare to others?
- What can you do to reduce your risk and improve your health?

If you decide to make some changes to reduce your risks, you will be taking better care of yourself and your future. Change requires you to make different choices and no single choice is right for everyone. This report gives you a variety of suggestions. The choice is up to you.

You: 16

Alcohol 
Low
Moderate
High
Very High

---

---

---

---

---

---

---

---

**Alcohol**

The following is based on what you have told us. Your alcohol use has created a moderate number of problems. Your problems with alcohol use are as follows. You had health, social, legal, or financial problems once or twice in the past three months. You failed to do what is normally expected of you once or twice in the past three months. You had a friend, relative, or other person express concern over your use in the past three months.

Joan, the following is based on what you have told us.

- You have about 48 drinks per month. You have 624 each year. That is more than 97 out of 100 Missourians.
- You spent between \$1,872 and \$3,120 on alcohol during the past year.
- Over five years, you have spent between \$9,360 and \$15,600 on alcohol.
- You added 7,200 calories each month. That is more than 27 pounds per year.
- To burn off these calories each week a 155 lb individual would need to:
  - walk fast (4 mph) for 6.4 hours.
  - ride a bicycle between 14-16 mph for 2.6 hours each week.
  - garden for 5.1 hours every week.

**Risks From Drinking**

Joan, these problems are common if you drink a lot of alcohol:

- You can have hangovers.
- You may behave in an aggressive or violent way.
- You may have accidents or become injured.
- You may have reduced sexual performance.

---

---

---

---

---

---

---

---

### Your Motivation To Change And What To Do Next

Matthew, you can change your behaviors. When it comes to making a change we all have different motivations. Below are some specific recommendations tied to what you told us about your readiness to change.

In terms of alcohol use, you are in the precontemplative stage of change. You are not thinking about change at the moment. In fact, you may not have realized that your alcohol use is a potential problem.

#### Steps to start thinking about your alcohol use behaviors

For alcohol use, your precontemplation stage of change suggests that you probably did not know about the risks from your alcohol use behaviors. Think about your risks and what you want, then answer these questions.

- What might happen if you don't change?
- What would be the good things about changing your risky alcohol use behaviors?
- Suppose you don't change, what is the worst that might happen?
- Suppose you don't change, what is the best that might happen?

---

---

---

---

---

---

---

---

---

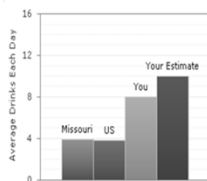
---

---

---

### PFR Updates: Drink Comparison

#### Compare Your Drinking To Others



The chart compares your drinking with men your age in Missouri and the US.

Matthew, each day you drink more than most people who drink in Missouri and more than those who drink in the US. Based on what you have told us, you fall into the **Binge (more than 4 drinks a day)** group. In the last three months you report binge drinking at least once.

The chart also shows how you think other people drink. On average, do people really drink as much as you think they do? Let's look.

**Drinks per day** - On days that you drink you have 8 drinks and "your estimate" in the chart above is that others have 10 drinks. Your estimate is high, nationally the average male your age drinks less than 4 drinks on days that they drink.

**Drinking days a week** - You said that you drink 4 days a week and you think that others drink 5 days a week. Your estimate is high, nationally the average male your age drinks 2 or 3 days a week.

---

---

---

---

---

---

---

---

---

---

---

---

### PFR Updates: Action Blocks

- **Pace and space.** When you do drink, pace yourself. Sip slowly. Have no more than one standard drink with alcohol per hour. Have "drink spacers"—make every other drink a non-alcoholic one, such as water, soda, or juice.
- **Keep track** of how much you drink. Find a way that works for you, such as, carrying drinking tracker cards in your wallet, make check marks on a kitchen calendar, or enter notes in a mobile phone notepad or personal digital assistant. Making note of each drink before you drink it may help you slow down when needed.
- **Set goals.** Decide how many days a week you want to drink and how many drinks you'll have on those days. It's a good idea to have some days when you don't drink. Drinkers with the lowest rates of alcohol use disorders stay within the low-risk limits.
- **Know your "no."** You're likely to be offered a drink at times when you don't want one. Have a polite, convincing "no, thanks" ready. The faster you can say no, the less offers.




---

---

---

---

---

---

---

---

---

---

---

---

### PFR Updates: Language

- Plain language editing
- Spanish version
- Personalization



---

---

---

---

---

---

---

---

### Questions from the field



---

---

---

---

---

---

---

---

### Why doesn't eSBIRT allow for date specific query?

First Name: \_\_\_\_\_ Local Id #: \_\_\_\_\_ All Between \_\_\_\_\_ & \_\_\_\_\_ Search

Name	ID	Sx	DOB	Screen	Activity	Rx
test		M	08/18/90	05/29/13	Intake-ASSIST	Neo

---

---

---

---

---

---

---

---

Why doesn't eSBIRT allow for date specific query?




---

---

---

---

---

---

---

---

What are your Questions, Problems, or Suggestions ???




---

---

---

---

---

---

---

---

### Help

- eSBIRT forum
- Talk to co-workers and supervisor
- Local IT support (hardware and connections)
- Contact Sean, Keith, or Matthew
  - Sean.Power@mimh.edu (314-877-6403)
  - Keith.Eldridge@mimh.edu (314-877-6437)
  - Matthew.Hile@mimh.edu




---

---

---

---

---

---

---

---

## Twitter

- New information quickly available

### Two ways to get the feed

- If you have an Twitter account
  - Follow MOSBIRT
- If you have SMS (text messaging)
  - Send the message "follow mosbirt" to 40404



---

---

---

---

---

---

---

---

This has been an  
MIMH production



---

---

---

---

---

---

---

---