



The BISTAIRS project -
Brief interventions in the treatment of alcohol
use disorders in relevant settings

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Project network

Duration	36 months (May 2012-April 2015)
Funded by	Health programme (2008-2013)
Coordinator	Country
<i>University Medical Center Hamburg-Eppendorf (UKE)/ Centre for Interdisciplinary Addiction Research (CIAR)</i>	Germany
Consortium members	
<i>University of Newcastle upon Tyne (UNEW)</i>	United Kingdom
<i>Fundacio Clinic per al la Recerca Biomedica (FCRB)</i>	Spain
<i>Instituto Superiore Di Santa (ISS)</i>	Italy
<i>Generalitat de Catalunya (GENCAT)</i>	Spain
<i>National Institute of Public Health (NIPH)</i>	Czech Republic
<i>Serviço de Intervenção nos Comportamentos Aditivos e nas Dependências (SICAD; ex-IDT)</i>	Portugal

Project objectives

General objective:

- to foster SBI implementation in a range of medical and social settings.

Specific objectives:

- to systematize good practice on SBI in different settings
- to field test a set of tailored SBI toolkits for each setting
- to compile guidelines for tailored SBI approaches
- to disseminate specific concepts to support a widespread implementation of SBI in medical/ social settings

Method and means

Target group

Policy makers; representatives of professional organizations; research experts; professionals

Intervention categories

Policy and environmental restructuring; manualised programmes; flexible interventions focusing on skills and capacities building; informational interventions

Activities, methods and means

1. Systematic reviews of evidence for effectiveness of SBI ✓
2. Status of SBI implementation in the EU ✓
3. Development of setting specific SBI concepts ✓
4. Field testing of setting specific SBI concepts
5. Evaluation of SBI implementation processes and outcomes
6. Development of setting specific implementation guidelines

Results achieved/ main outputs

- **Primary health care**

Robust and convincing evidence base for effectiveness; SBI regularly implemented on regional but not on national level.

- **Accident and emergency departments**

Limited but promising evidence for effectiveness; SBI not available or not regularly implemented.

- **Occupational health services**

Inconsistent evidence for effectiveness; SBI not available or not regularly implemented.

- **Social service and criminal justice systems**

Lack of evidence for effectiveness; SBI not available.

Outcomes assessment

- **Primary health care (PHC)**

Main problem implementation; focus on commissioners and financers of services to implement brief advice programmes in routine care.

- **Accident and emergency departments (AED)**

Main problem implementation; focus on professional bodies to develop systems to implement brief advice in routine care.

- **Occupational health services (OHS)**

Main problem is inconsistent evidence; focus on professional bodies to develop systems to implement and evaluate brief advice in routine practice.

- **Social service and criminal justice systems (socServ)**

Main problem is lack of evidence; focus on professional bodies and research funding bodies as to how evaluate brief advice in routine practice.

Prevention, health & social responses (profiles): Contribution

BISTAIRS focuses on key areas of policy options & interventions:

- *Awareness & commitment* by strengthening existing strategies, plans of action and activities to reduce harmful alcohol
- *Health services' response* by supporting initiatives for screening and brief interventions for harmful drinking at primary health care and other settings
- *Community action* by supporting stakeholders to adopt effective approaches to prevent/reduce harmful alcohol use
- *reducing the negative consequences of drinking*

Prevention, health & social responses (profiles): gaps identified

- Lack of systems for monitoring the quantity and quality of SBI programmes in national contexts of primary health care, ...
- ... so lack of routine SBI data to analyse/ improve SBI effectiveness
- Lack of cross national data of evidence of effectiveness of SBI

Lessons learnt - opportunities

Adjustment of the field tests based on the outcomes of

- the systematic reviews on the evidence for effectiveness of SBI in different settings (Work package 4)
- the good practice guidance to identify, assess and manage risky drinking in different settings (Work package 5)

The way forward

- Testing concept of SBI in undeveloped settings where evidence lacking to explore feasibility and acceptability of future SBI research and to identify future research needs (OHS, SocServ)
- Advocating improved SBI provision in appropriate but undeveloped settings to raise awareness about and encourage the use of SBI and to influence policy and practice to support improved provision (PHC, AED)
- Field-testing SBI in appropriate and partially developed settings to explore the feasibility and acceptability of SBI to providers and patients (PHC, AED)
- Sustaining SBI in appropriate and well-developed settings to identify means of sustaining SBI activities in appropriate settings (PHC, AED)



Thanks for your attention!

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