

## Role play: Jill

### For the health professional:

Jill is a 54-year old female who is being seen for a follow-up visit related to her hypertension. She did present 6 months ago with a fractured arm from a fall on her steps. Here are Jill's answers on the AUDIT:

One drink equals:



12 oz.  
beer



5 oz.  
wine



1.5 oz.  
liquor  
(one shot)

1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	0 - 2	3 or 4	5 or 6	7 to 9	10 or more
3. How often do you have four or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
4. How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year

0

1

2

3

4

I    II    III    IV

M: 0-4    5-14    15-19    20+

W: 0-3    4-12    13-19    20+

## For the patient:

You are a 54-year old female coming in for a follow-up visit related to your high blood pressure. You drink 2-3 times a week, usually consuming 5-6 glasses of wine per occasion. You did present 6 months ago with a fractured arm from a fall on your steps. You completed an AUDIT screening tool and answered positive to the following questions:

- Have you or someone else been injured because of your drinking? (*answer: yes, during the last year*)
- Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down? (*answer: yes, during the last year*)

*These are some of your thoughts and feelings about your drinking, in which you may or may not disclose depending on how you are approached by the health professional:*

You recognize that your drinking has increased over the last couple of years; however you see it more related to your recent divorce and as a way to deal with your feelings of loneliness. You don't really see your drinking as a problem. You have lived in your current city for 4 months and you don't have a lot of friends. You go to a local bar/restaurant and drink after work to avoid going home. You have two grown children. Your youngest son told you he thinks you are drinking too much and has encouraged you to find some new hobbies and friends.

You do know that your fall several months ago was partly due to the fact that you have been drinking when it happened.

You might consider cutting down on your drinking but you don't really see any reason to quit. Your readiness to cut down is an 9; your readiness to stop drinking altogether is a 3.

## For the observer:

### Brief intervention observation sheet

Did the health professional . . .

#### Raise subject

- |   |     |    |
|---|-----|----|
| 1) Ask patient for permission to discuss substance use?             | Yes | No |
| 2) Define their role before beginning discussing the patient's use. | Yes | No |
| 3) Elicit the patient's own description of their substance use.     | Yes | No |

#### Share information

- |   |     |    |
|---|-----|----|
| 4) Explain any connection between the patient's use and their health complaint (if applicable). | Yes | No |
| 5) Share information about risks of use, including low-risk alcohol limits (if applicable).     | Yes | No |
| 6) Ask the pt what they think of the information just provided.                                 | Yes | No |

#### Enhance motivation

- |   |     |    |
|---|-----|----|
| 7) Ask the patient about their perceived pros and cons of their use, then summarize what the patient said.            | Yes | No |
| 8) Ask what the pt wants to change about their use.   | Yes | No |
| 9) Gauge patient's readiness/confidence to reach their goal. If using Readiness Ruler, ask, "Why not a lower number?" | Yes | No |

#### Identify plan

- |   |     |    |
|---|-----|----|
| 10) If patient sounds ready, ask them to identify a plan of change. | Yes | No |
| 11) Affirm patient's readiness to change and affirm their plan.     | Yes | No |
| 12) Ask to schedule follow-up.                                      | Yes | No |

How well did the health professional use a guiding style of communication?

Not at all

Very well

1

2

3

4

5

6

7

*Adapted from the BI Adherence/Competence Scale, created by D'Onofrio et al. for Project ED Health.*