

Role play: Ricardo

For the health professional:

Ricardo is a 60-year old salesman, well known to you. He is following up after an ED visit two weeks ago for a witnessed syncopal episode. Work-up in the ED, which included 6 hours of telemetry monitoring, echocardiogram, and brain MRI, did not reveal a clear cause. Blood tests showed a slightly elevated AST and ALT on his chem panel. His CBC was normal.

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?	1 or 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

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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 60-year old salesman following up after an unexplained fainting episode two weeks ago in which you became lightheaded and passed out while cooking dinner at home after a particularly difficult day. A thorough work-up in the emergency room did not reveal a clear cause. You drink about 1-2 times a week and usually drinks 5-6 beers, but sometimes he will drink up to 12 beers at a time.

You completed the AUDIT screening tool and answered positive to the following questions:

- How often during the last year have you failed to do what was normally expected of you because of drinking? (*answer: less than monthly*)
- How often during the last year have you had a feeling of guilt or remorse after drinking? (*answer: less than monthly*)
- How often during the last year have you been unable to remember what happened the night before because of your drinking? (*answer: less than monthly*)
- 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, which you may or may not disclose depending on how you are approached by the medical professional:

You are close to retirement, but work is very stressful right now because of personnel lay-offs requiring everyone to take on additional duties. You recognize you may drink excessively at times, and you may occasionally drive home when you've had too much, but it's never been a problem. Your fellow sales reps you drink with at the pub seem to drink the same amount, and it seems normal. Your wife has expressed concern about your drinking. Drinking helps you cope with the stress of work and it helps you socialize with your friends.

You're level of readiness for change is a 2.

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 use, including perceived pros and cons. | Yes | No |

Share information

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

Enhance motivation

- | | | |
|--|-----|----|
| 7) Summarize patient's perceived pros and cons of use. | Yes | No |
| 8) Ask what the pt wants to change about their use. | Yes | No |
| 9) Use the 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

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