

Role play: Steve

For the health professional:

Steve is a 27-year old male presenting with the chief complaint of “heartburn” and “stomach problems”. He is also on antidepressants from a previous visit and he says he is still having some problems with “feeling down” sometimes.

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 27-year old male who is seeing the doctor because you have felt a “heartburn” sensation and mild stomach pain that doesn’t go away. You have been on antidepressants for two months now, but you’re still having some problems with “feeling down” sometimes. You drink about 3 cans of beer 1-2 times most weekdays, and drink 8-10 beers once or twice on the weekends. 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 - you may or may not disclose this information depending on how you are approached by the medical professional:

You are married and you drink during the week at home with your partner and on the weekends you go out with friends. You’re not really worried about your drinking during the week days, but you know you over-due it at times on the weekends. In fact, just this last month you had such a hang-over after being with your friends drinking on Sunday night that you had to call in sick to work. Your partner was concerned about this. And there was that one time that you really couldn’t remember how you and your friends ended up at “Sully’s Bowling Alley.”

Your father is an alcoholic and you don’t want to end up like him. There have been periods in your life that you decided to completely stop drinking and you were able to do that for 2-3 months at a time. You’re level of readiness for change is a 7.

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

1

2

3

4

5

6

7