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*Problem drinking of alcohol cessation
interventions: the role of Sri Lankan
nurses*



*Problem drinking and
alcohol cessation
interventions; role of the
Sri Lankan nurses*

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Background

- ▶ Problem drinking → alcohol abuse and alcohol dependence
- ▶ Leads to a considerable health burden among Sri Lankans
- ▶ Frequently encountered in medical and surgical wards of Sri Lankan hospitals
- ▶ Nurses have the most frequent encounters with the patients in these wards
- ▶ Nurses working in these wards are expected to detect problem drinking and contribute towards the interventions; especially brief interventions

Objectives

- ▶ To determine the contribution of the Sri Lankan nurses in referring problem drinkers for treatment and conducting or initiating alcohol cessation interventions

Methods

- ▶ A qualitative analysis
- ▶ Participation of sixty-two problem drinkers
- ▶ Inquired about the receipt or non-receipt of interventions
- ▶ If received the category of the health care workers involved

Results

- ▶ Nearly half (45%) of the problem drinkers had received interventions from health care workers.
- ▶ Out of this 14% were conducted by the nurses
- ▶ Contribution by the nurses for alcohol dependence interventions- 17%.
- ▶ Contribution by the nurses for alcohol dependence interventions- 10%

Discussion

- ▶ Less contribution compared with the other categories of the health care workers
- ▶ Conducting/initiating interventions or referring people with problem drinking admitted to the wards for interventions by nurses needs to be improved

Recommendations

- ▶ Education/training on identifying problem drinkers and referring them for interventions need to be provided for all nurses
- ▶ Specialized nurses should be provided with special training on conducting interventions

Thank you!