

Title of Intervention: Brief Motivational Interventions for Alcohol-related Injuries

Intervention Strategies: Supportive Relationships

Purpose of the Intervention: To decrease alcohol-related injuries

Population: Sub-critically injured emergency department patients with harmful or hazardous alcohol use

Setting: Emergency department of an urban, university teaching hospital Level 1 trauma center; health care facility-based

Partners: None mentioned

Intervention Description:

- Supportive Relationships: After baseline assessment was completed, patients were randomly assigned to 1 of 3 treatment conditions: standard care, brief intervention or brief intervention plus booster. For patients in standard care, the standard practice for emergency department medical care was followed: medical treatment of the injury, with any discussion or treatment directed at the patient's alcohol use at the discretion of the treating physician. The brief intervention session lasted approximately 40 minutes and was conducted in the emergency department. For patients who were discharged before the brief intervention was completed, the intervention was continued in a research room that was located adjacent to the emergency department. The intervention focused on the role that alcohol use may have played in the current injury and the positive and negative roles that alcohol use generally plays in the patient's life. Participants who were randomly assigned to the brief motivational intervention for alcohol plus a booster were scheduled with the interventionist for a booster session to take place 7 to 10 days later. The booster session reviewed the content of the initial session and provided further examination of the patient's alcohol use.

Theory: Motivational Interviewing

Resources Required:

- Staff/Volunteers: Not mentioned
- Training: Not mentioned
- Technology Not mentioned:
- Space: Room for intervention and booster sessions
- Budget: Not mentioned
- Intervention: Interventionists
- Evaluation: SAS software, analysts, hospital records

Evaluation:

- Design: Randomized Controlled Trial
- Methods and Measures: Analysis of alcohol-related negative consequences and injuries

Outcomes:

- Short Term Impact: Not mentioned
- Long Term Impact: At 12 month follow-up, motor vehicle crash patients given brief motivational intervention for alcohol plus a booster had fewer alcohol-related injuries than those receiving standard care. There were no significant differences in alcohol-related injuries among the non-motor vehicle crash-injured patients who received brief intervention or standard care.

Maintenance: Not mentioned

Lessons Learned: The original Rhode Island Early Intervention Study has shown that a brief intervention in the emergency department with a follow-up booster session 7 to 10 days later is effective in reducing alcohol-related injuries and alcohol-related negative consequences. Emergency departments should consider

intensifying their counseling efforts for motor vehicle crash patients because they are a subgroup that appears to benefit most from interventions that reduce future alcohol-related injuries.

Citation(s):

Mello, M. J., T. D. Nirenberg, et al. (2005). "Emergency department brief motivational interventions for alcohol with motor vehicle crash patients." *Ann Emerg Med* 45(6): 620-5.