

Student Research 2014 Abstract

SYSTEMATIC PRE-SCREENING FOR UNHEALTHY DRINKING IN PRIMARY CARE USING INTERACTIVE VOICE RESPONSE (IVR)., T.A. Ferraro, G.L. Rose . The University of Vermont College of Medicine, Department of Psychiatry.

The purpose of this study was to systematically pre-screen a population of primary care (PC) patients for unhealthy alcohol use using an interactive voice response system (IVR). METHODS: All patients registered for non-acute visits to one of 5 PC clinics in Chittenden County, VT from May, 2012 to November, 2013 were contacted before their visit and invited to use an IVR system to complete a six-item screening questionnaire. Screening results were sent to the patient's electronic medical record. Patients who screened positive for unhealthy alcohol use were interviewed after their doctor's visit. RESULTS: We reached 70% of patients prior to their visit. 56% of those contacted consented to the screening (N=6197; mean age 56; 57% female). 34% met criteria for unhealthy alcohol use. 9% endorsed smoking, 20% reported low mood, 44% reported concern about weight, 6% reported being not at all physically active, and 24% reported having pain. Male and female participants both reported drinking heavily a median of 4 days per year [IQR 2-12 for men; IQR 2-10] for women]. In post-visit interviews with these participants, 44% indicated they had discussed their drinking at their appointment. Patients who reported discussing alcohol were heavier drinkers than those who reported they did not discuss it (mean 22.5 vs. 13.4 days of heavy drinking, respectively). CONCLUSIONS: (1)A majority of patients were willing to complete behavioral health screening by IVR before a PC visit. (2)The screen-positive rate using this methodology is comparable to studies using other assessment methods. (3)Of those who screened positive, the frequency of heavy drinking days was low. (4)There was a positive association between pre-visit report of heavy drinking frequency and in-visit discussion of alcohol with the doctor. Those who reported they received information and advice from their doctors drank more heavily than those who did not have such discussions.