

ICGP Projects & Programmes

Annual Report 2003-2004

Project/ Programme Title ; “Helping Patients with Alcohol Problems”

Project/Programme Leader/ Director ; Rolande Anderson

Other members of Project/Programme group (if applicable)

Summary of Project/ Programme

The project is mainly an educational resource for General Practitioners. It involves the education and dissemination of best practice in the field of alcohol interventions for patients who attend Primary Care Practitioners.

Background to the Project/Programme

The project commenced in March 2000. It was initiated following an approach from Merck Pharmaceutical and developed by the Director of the PRC and the CEO of ICGP. The problems of alcohol abuse and dependence had been very much neglected in medical training and practice. The project was designed to address these deficits for GPs and GP trainees. The first phase of the Project ran from March 2000 to September 2003 and was supported by Merck, apart from a three-month period that was supported by the ICGP. The current phase is due to run from September 2003 to August 2006 and is funded by the Department of Health and Children.

Educational Aims of Project/Programme

- To educate GPs in Brief Interventions for the range of alcohol problems
- To encourage GPs to educate patients and their families about the range of alcohol problems
- To provide the necessary skills training to primary care staff
- To develop guidelines and practical help for GPs to help patients
- To encourage and support training programmes to develop alcohol modules
- To generate public awareness and lobby for appropriate changes in legislation and attitudes towards alcohol use and abuse

Benefit(s) to members of Project/Programme

Members have a new resource at their disposal to enable them to tackle this important health and social issue.

Project/Programme activities/tasks

The table below sets out the main activities since April;

ICGP “Helping Patients with Alcohol Problems”
Educational / Training Sessions and other events
1st April 2003 – 31st March 2004

Date	Type of session (W) = Workshop (L) =Lecture	Attendance All Approx.	Target Group	Comments
7/04/03	Interview on 'Questions and Answers' RTE	??	Viewers	Discussion re Policy
14/04/03	(L) DoHC conference	80	Mixed	Delivered lecture on ICGP Project
24 th - 27 th April 2003	Attended Conference and delivered lecture	60	Doctors (Mostly GPs)	IMO conference. Talk on Alcohol and GPs

Date	Type of session (W) = Workshop (L) =Lecture	Attendance All Approx.	Target Group	Comments
9-10May	(W) Midland Health Board Trainers	10	GPs	Brief Interventions
15/05/03 and at regular intervals throughout the project to date	(W)	30 on average	GPs	Those GPs seeking level 1 and level 2 training for methadone. Do session on Motivational Interviewing
27 th May 2003	Attended 'Views on Booze'	100	Local community	Swahb initiative on alcohol
June to September 2003	AAPP study	Nil	Nil	Large amount of time taken up preparing the AAPP final results launch and report
6/8/03	Meeting with ECAHB Primary Care			Re likely results of the study
22/8/03	(W) Motivational Interviewing	15	GP s and Psychiatrists	Annual event
3/9/03	Meeting with NAHB Primary Care			Re likely results of the study
17/09/03	Launch of AAPP results	120	Mixed, mostly GPs	Very Important stage of project
17/09/03	(W) Clinical Skills training course	20	GPs and 2 Practice Nurses	In Conjunction with Peter Anderson
1/10/03	(L) ERHA Conference, Malahide	200	Mixed professionals	On the ICGP aapp study
8-11 Oct. 2003	Phepa (EU) Study	Group of European experts	Mixed	2 nd meeting of study on hazardous, Harmful drinking in Leiden
21/10/03	(W)	30	GPs	Those GPs seeking level 1 and level 2 training for methadone. Do session on Motivational Interviewing
4/11/03	(W) MSc Students on Addiction TCD	10	Mixed	On our project
19 th Nov 2003	ICGP Mater Hospital CME Faculty (L)	30	GPs	Methods of intervention with patients
21-23 Nov 2003	(L) National Student Health Conference	40	GPs, Nurse	Letterkenny to develop student initiatives
3/12/03	Meeting of Irish team for PHEPA (EU) Study			First meeting
9/01/04	(W) Diploma in Womens Health	40	GPs and Practice Nurse	Changing lifestyles (Alcohol)
16/01/04	Meeting with Practice Nurses to discuss possible course			
23/01/04	(L) Undergraduate Medical Students RCSI	80	Student Doctors	Alcohol with a patient
7/8 th Feb 2004	(L) Cleraun Media conference	100	The Public/Journalists	Delivered paper; "Message in a Bottle; how clear is your conscience" – Alcohol and the media

Date	Type of session (W) = Workshop (L) =Lecture	Attendance All Approx.	Target Group	Comments
10/02/04	(W) Scales Course	24	GPs	Clinical skills course
11/02/04	Meeting with heads of Primary Care in all three regions of ERHA			To discuss replication of AAPP study
16/2/04	(L) 5 th Year Tcd Medical Students	50	Medical Students	
18/02/04	Meeting in Baltinglass			To discuss development of the Counsellor service initiative
20/02/04	(L) Ballymac CME faculty Tralee	20	GPs	Talk on clinical skills
21/02/04	(L) Tarbert community Group	50	The Public	Alcohol and suicide links
8/3/03	Meeting with Director, PRC and two Cme Tutors in Cork	4		Re; 2 nd Phase of theProject and 'oven ready' module for CME
11/3/ 2004	(W) RCSI Women's Health Course (MsC)	30	GPs, Practice Nurses	
11/3/ 04	Meeting with trainer			Re development of Brief Interventions for Student Health
13-16 Mar. 2004	Phepa (EU) Study Guidelines Group		Group of European experts	3 rd meeting of study on hazardous, Harmful drinking in Barcelona re guidelines
24/03/04	(W)Methadone Training	30	GPs	

Notes;

In addition to above;

Numerous articles for Medical Magazines, Interviews with Journalists, Preparation for upcoming events, Meetings with Director of PRC and with CEO, Local and National Radio interviews and all the usual office commitments such as E-mail, returning calls, responding to letters, giving advice etc.

The commitment to ICGP for the project is 2.5 days per week.

Project/Programme timetable

The events that were scheduled into the diary at April 1 2004 are as follows;

ICGP "Helping Patients with Alcohol Problems" Scheduled Educational / Training Sessions and Other Events

Date	Type of session (W) = Workshop (L) =Lecture	Attendance All Approx.	Target Group	Comments
21/4/04	Meeting of Irish EU team			2 nd Meeting
22/4/04	(L) and (W) Training Day for Practice Nurses	?30	Nurses	X10 from each of three regions in ERHA
23-24 th April 04	(W) Midland Health Board Trainers	?10	GPs	Brief Interventions for family members
1-5th May 04	(W) 5 day counselling course	?20	3 RD Year Bahraini Trainee GPs	At invitation of RCSI. Course on clinical skills for alcohol/addiction
14-16 th May	ICGP AGM			

Date	Type of session (W) = Workshop (L) =Lecture	Attendance All Approx.	Target Group	Comments
28/5/04	(W) Training Session for TCD/UCD Student Health Services			One day training session on clinical skills
15-22 June	EU POLAND Conference delegate			
13-17 OCT	(W) Wonca World conference			Hope to present a workshop – 'Alcohol –Give us Patients'
? October	Meeting of Irish EU team			3 rd Meeting
21-24 Oct	Phepa EU meting			Final meeting in Barcelona
2/11/04	(L) ANEW Womens conference			

Detailed Project/Programme Description

See above table

Project/Programme Milestones/ Deliverables/ Outputs (if applicable)

Helping Patients with Alcohol Problems – Phase 2 Deliverables and Dates

Item	Date
MAIN PROJECT	1 March, 2004 – 30 September, 2006
Educational Programmes	
q CME Tutors Group- deliverd by CME Tutor	May/September 2004
q CME Tutors Group	? Regular Intervals every year
q Training Workshops	As requested every year
q CME small groups	As requested every year
q Clinical Skills Courses – to include training for Practice Nurses	x3 per year on regional basis
q Information leaflet for GPs/Practice Nurses	November 2004
q Clinical Guidelines leaflet for GPs	November 2004
q Modules <ul style="list-style-type: none"> - Alcohol and Women - Alcohol and the Workplace - Alcohol and Older People - Alcohol and Crisis Intervention (new module) - Alcohol and Co-Morbidity - Alcohol and Physical Complications - Alcohol and the Homeless - Alcohol and Legal Issues - Alcohol and Other Drugs 	<i>Ready – just finishing touches</i> <i>Part ready completed</i> May 04 <i>September 2004</i> <i>January 2005</i> <i>March 2005</i> <i>July 2005</i> <i>October 2005</i> <i>February 2006</i> <i>July 2006</i>
q Information leaflet for patients	August 2005

ITEM	DATE
PRACTICE DEVELOPMENT	
q Lectures to other groups <i>(eg.) Practice Nurses, Rural Doctors, Trainers etc</i>	As requested every year.
q Video resource for GPs in practice (focus on the consultation)	June 2005
q Involvement in Training Programmes	Every year as requested and see above 'Key targets'
q International Conference	February 2006
q Module Booklet	August 2006
Public and Medical Awareness	
q Regular articles in Forum and other medical publications	Every year throughout the Project
q Articles for the general media	Every year throughout the Project
q Participation at International Conferences	Every year throughout the Project
q Participation in I.C.G.P. AGM	Every year throughout the Project
q Liaison with other Colleges and Fellows <i>(eg.) Women's Health, Asylum Seekers, Suicide etc.</i>	Every year throughout the Project
q Computerised diagnostic and screening prompts for GPs	Development throughout the Project
q Broadcasts	As requested every year
Alcohol Aware Practice Study (Phase 2)	May 2004 – April 2005
q Preparation of Materials	?
q Recruitment of Counsellors and Practices	?
q Training	?
q Practice Visits	?
q Results	October 2005
Quality Mark	November 2005 – June 2006

Statement of Achievements/ Outcomes to date

The project has been very successful in raising awareness among the general medical profession as well as with the general public. The completion of the Alcohol Aware Practice Pilot study is one of the highlights to date, as is the successful implementation of a counselling service initiative within one General Practice. The project is in the forefront of media consultation on alcohol related issues and is also involved in an EU study. We have demonstrated that alcohol problems can be tackled effectively within primary care.

Current activities

See above timetables

Future plans

KEY TARGETS – For Discussion

1. Replicate Alcohol Aware Practice Pilot study;

We hope to develop a larger study involving 10 practices from each region. This will depend on our ability to secure funding. Another possibility is to develop initiatives with individual Health Boards. For example, the ERHA have already started negotiations. It is envisaged that practices will be awarded quality marks for their ability to deal with Alcohol Problems in the next phase of the project. Practice staff will need to satisfy the I.C.G.P. that they have reached a standard for delivery of patient services for alcohol issues.

2. Develop success of Counsellor initiative nation-wide

We want to build on the success of the Counsellor initiative in Baltinglass and try to develop it as a partnership approach in the whole country. A further report will be issued on this specific initiative in October 2004.

3. Publish Guidelines for Primary Care

The results of the EU study will be available in October. The EU study will have as products; Guidelines, a web-site and training manual as well as a report on each country. As a result we hope to publish our own National guidelines in November 2004.

4. Publish leaflet for handy use by Practitioners

In addition to the Guidelines 'Bible' we have to publish an easy reference card for GPs and Practice Nurses which will amount to two pages with back to back lamination. This should be published at the same time as the Guidelines document

5. Continue to develop Awareness

In the course of the project the ICGP has become a respected commentator on national issues in all parts of the media. In addition other interest groups have invited us to present workshops/seminars and lectures on the subject. This part of the work should continue but the main focus should always be on developing practitioner awareness and skills.

6. The topic, 'Alcohol problems' to be institutionalised as part of all trainee courses

To date we have been asked to participate on a 'one off basis' on most of the training courses. However it would appear that Alcohol remains as a topic that is not necessarily an established part of all GP training courses. One suspects that their confidence to deliver such courses is low.

7. Develop knowledge base and Modules

Also we should keep up attendance at national and international conferences and debates.

8. Encourage more participation from working GPs

One of the weaknesses of the project to date is the reliance on the Project Director. There has been GP involvement at Task group level and on the Irish EU team. In addition some GPs have been very available and supportive to the Project Director. However there is a need to get someone involved at a deeper level. An Assistant is probably not necessary but a dedicated Alcohol Tutor might be an idea. Such a GP could influence and participate at training course and CME conferences

Administrative Resource being provided to project/programme

Yvette Dalton (Doing a superb job, Project would not be successful without her most pleasant and efficient help and support)

Funding source(s)

DoHC