

IMPROVING ACCESS TO CARE FOR PATIENTS WITH ALCOHOL USE DISORDER

Shared Care Project

Project Overview

Project Aim: Enhance the patient-primary care provider relationship and empower primary care providers with tools and confidence to manage patients with alcohol use disorder.

Project Leads: Dr. William Mak (Family Physician Lead) & Dr. Karen Shklanka (Specialist Lead)

Project Activities



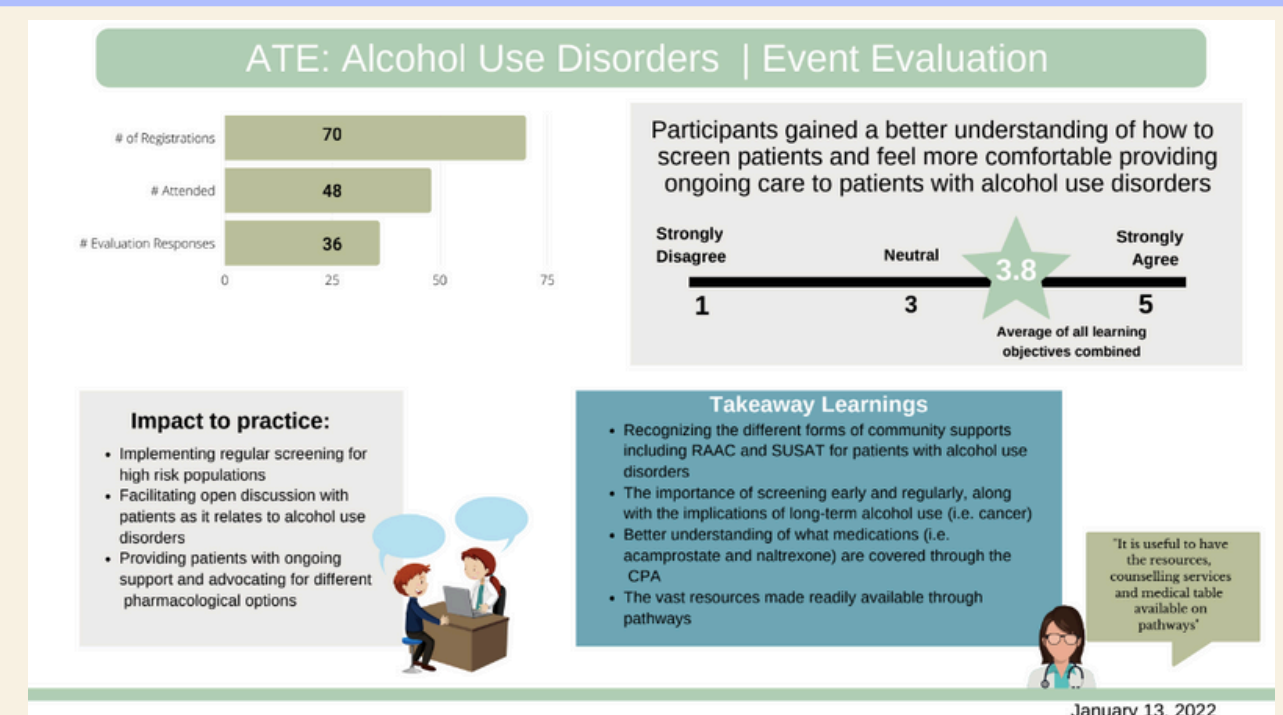
PROJECT HIGHLIGHTS

75% Strongly agreed The Meaning of Empathy Workshop helped them reduce stigma and stereotypes associated with addictions and substance use among Indigenous communities.

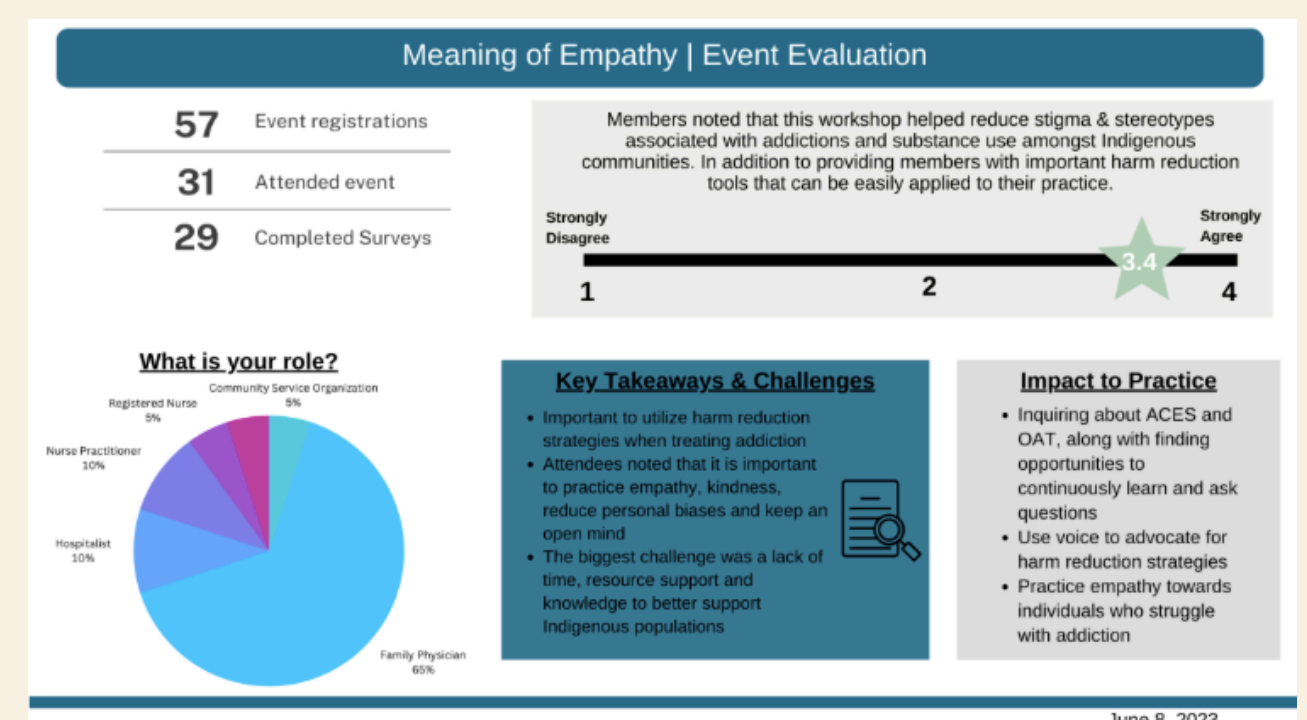
95% PCP's found the AUD Case Study informative.

92% PCP attendees agreed that attending the AUD Case Study Workshop improved they awareness of community supports and resources.

69% PCP participants agreed that by attending the AUD Case Study Workshop, this improved their relationships with their specialist colleagues.



In January 2022, the FNW Division hosted an Ask The Expert session on AUD.



On June 1, 2023 the film, The Meaning of Empathy was viewed by attendees. On June 8, 2023 attendees unpacked the film in small groups to reflect on individual biases and share thoughts that arose during the film.

Project Activities: Overview


Alcohol Use Social Media Campaign Posts

0 drinks per week
No risk Not drinking has benefits, such as better health, and better sleep.

1 to 2 standard drinks per week
Low risk You will likely avoid alcohol-related consequences for yourself and others.

3 to 6 standard drinks per week
Moderate risk Your risk of developing several different types of cancer, including breast and colon cancer, increases.

7 or more standard drinks per week
High risk Your risk of heart disease or stroke increases. Each additional standard drink radically increases the risk of these alcohol-related consequences.



Content by: BC Centre on Substance Use

Signs that you may have a drinking problem

Understanding your drinking habits and the risks that may come with them is an important first step if you want to consider cutting down or quitting drinking completely.

Alcohol withdrawal symptoms

During alcohol withdrawal, your body can become hyperactive. Some of the most common symptoms of this include:

- Headaches
- Throwing up
- Fever
- Shaking
- Faster heart rate
- Feeling sick



Content by: helpwithdrinking.ca

Telling others about your alcohol use

If your drinking is causing issues in your job or with family and friends, you may need to take some time off from your day-to-day responsibilities. This means you'll need to talk to your employer, an HR representative at work, or other people about your worries when it comes to alcohol and your health.

FRASER HEALTH

ALCOHOL CONSUMPTION DURING THE HOLIDAY SEASON

With the festive season upon us, many are taking the opportunity to celebrate with family and friends. With each gathering and party, alcohol is often a part of these joyous occasions.



Total number of accounts reached for: Canada's Guidance on Alcohol and Health (208), Signs You May Have a Drinking Problem (201), Alcohol Withdrawal Symptoms (136), Telling Others about your Alcohol Use (149), Alcohol Consumption During the Holiday (167)

Lessons Learned: What Worked Well?



Collaboration among a diverse group of stakeholders ensured a shared understanding of priorities and work being done locally and across the province to reduce duplication of work.



A total of 86 health care professionals were engaged in educational workshops. Strong leadership resulted in intentional and meaningful educational workshops tailored to meet the needs of local primary care providers.



Strong relationships and collegiality were fostered among primary care providers and addiction medicine physicians.



The content shared aligned with the release of Canada's Guidance on Alcohol and Health, as well as the new Canadian guidelines for high-risk drinking and AUD.

Challenges & Gaps

- Ongoing collaboration for knowledge and information sharing for new providers.
- Information may go out of date - important to update resources and content.
- A follow up sessions was recommended to see if physicians had the opportunity to apply their learnings and ask questions- could not due to limited resources and project timeline's.
- Support for complex patients and the need to create strategies to reduce barriers in interprofessional collaboration and communication.
- Engagement with stakeholders who are part of a bigger health care system such as FHA- as this provides more opportunities to ensure sustainability.

Next Steps

- Dissemination of the GPAC guidelines and resources with FNW primary care providers
- UBC Continuing Professional Development (CPD) will incorporate national guidance and host a webinar in line with the launch of the GPAC guideline.
- Request sustainability funds from Shared Care to organize annual case study workshops.
- Share project findings with key interest group, such as the FNW Shared Care Steering Committee, the FNW Division Board, Members of the FNW Division, FHA partners, and posting on the Division's website for public viewing.
- The social media posts created will be adapted and re-used for ongoing patient education to increase awareness of the importance of low risk drinking.