



Alcohol Brief Intervention Initiative Pre-activity Survey

Please read these instructions before beginning the survey:

1. Download or save this survey by clicking the download icon (if using Chrome) or the save icon (if using Bing/Internet Explorer) at the top right of your internet browser window.
2. Once the form is saved (either in your Downloads folder or another folder of your choice), go to that folder, open the survey and complete it.
3. Click 'save' on the survey. Alternatively, you can press Ctrl S [if using Windows] or Command S [if using a Mac] to save it.
4. Return the survey by email to Pat Simmonds: psimmonds@snhn.org.au.



Save
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GP Name:

Start Date:

1. What motivated you to participate in the Alcohol Brief Intervention Initiative? (Min. 25 words. Please note, the box will expand to fit your text if needed.)

2. How do you explain a 'standard drink' to patients?

3. What are the recommendations in the *Australian Guidelines to Reduce Health Risks from Drinking Alcohol: Frequently Asked Questions 2009* for reducing the risks from drinking alcohol? (Tick all correct answers)

- Drink no more than 2 standard drinks per day
- Drink no more than 4 standard drinks on a single occasion
- For women who are planning a pregnancy, pregnant, or breast feeding – keep drinking to a minimum
- For people under 18 – no more than 2 standard drinks per day

4. What is meant by lifetime risk of drinking alcohol?



5. List 5 long-term health effects of drinking alcohol outside of the recommended Australian guidelines.

6. List 3 effects of single occasion drinking (immediate effect drinking) when drinking exceeds recommended Australian guidelines.

7. Sharon, a 45-year-old solicitor, consumes a bottle of red wine every night. You know that (check any that are correct):

- A. She has an increased lifetime risk of alcohol-related harm
- B. She has a low risk of single-occasion alcohol-related harm as her body is used to this amount of alcohol.
- C. She is consuming approximately 8 standard drinks a day
- D. Her risk of breast cancer is increased

8. Jack is 16 years old and drinks 3 Smirnoff Double-Black premixed 375ml cans (1.9 standard drinks per 375ml) on Saturday night at a party. Select the *incorrect* response:

- A. Jack is at increased risk of single occasion alcohol related harm
- B. Jack is at increased risk of getting into a fight and injuring himself or others
- C. Jack is at increased risk of poor judgement and engaging in practices like unsafe sex and experimenting with other drugs
- D. As it's a 'one-off' and Jack has had something to eat, Jack is safe and not at increased risk of alcohol related harm

9. Log on to HealthPathways - sydneynorth.communityhealthpathways.org (Username: healthpathways and Password: gateway). Type 'alcohol advice' in the search field, then click on 'Drug and Alcohol Advice'. List 3 services you can contact for advice on patients experiencing severe alcohol-related harms.

Survey continues on next page.



10. Reflect on how you measure the effectiveness of your alcohol screening and brief interventions, and explain the skills, knowledge, attitudes, and resources you think are required for an intervention that is:

- (a) Effective from the patient perspective**
- (b) Effective from your GP perspective**

(Please note, the box will expand to fit your text if needed.)