

SBIRT Conducted by a Physician - Demonstration Video Transcript
Patient (Nicole) at Risk for Alcohol Use Disorder

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00:00:04,000 --> 00:00:09,200

A 42-year-old woman has been hospitalized after breaking her hip in a fall at her home.

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00:00:09,760 --> 00:00:13,440

The screening has revealed that she was inebriated at the time of the accident.

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00:00:13,840 --> 00:00:20,960

But perhaps more importantly, her responses to the screening also indicate a high-risk pattern of chronic alcohol consumption.

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00:00:24,320 --> 00:00:25,200

Nicole Sanders?

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00:00:25,440 --> 00:00:25,720

Yes.

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00:00:25,920 --> 00:00:27,200

Hi Alicia, Dr. Kowalczyk

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00:00:27,199 --> 00:00:29,119

I'm on your care team this week.

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00:00:29,719 --> 00:00:35,599

And I wanted to talk with you a little bit about how we're doing managing your hip pain after that accident yesterday.

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00:00:36,319 --> 00:00:37,919

It's okay right now.

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00:00:38,319 --> 00:00:43,279

Earlier today it was hurting a little bit and so they gave me a little more medication so I'm doing better now.

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00:00:43,519 --> 00:00:43,719

Good.

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00:00:43,919 --> 00:00:46,799

That's important because we're going to be getting physical therapy starting.

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00:00:46,799 --> 00:00:48,559

So let me know if

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00:00:49,359 --> 00:00:50,999

you know, that changes for you.

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00:00:50,999 --> 00:00:52,079

We can change some things.

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00:00:52,879 --> 00:00:58,479

I also wanted to chat with you a little bit, if you're okay with that, about your alcohol use.

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00:00:58,799 --> 00:01:02,639

I understand that this fall happened after you've been drinking a bit at home.

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00:01:04,079 --> 00:01:12,239

And also the nurse that admitted you yesterday, I don't know if you remember, it was probably a bit chaotic, so it's okay if you don't.

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00:01:12,559 --> 00:01:15,839

She asked you a number of questions about your alcohol use.

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00:01:17,119 --> 00:01:17,999

It helps us

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00:01:19,039 --> 00:01:27,999

determine if someone's drinking is getting to a more risky level that would be risky for their health long-term, and your screen was positive for that.

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00:01:28,959 --> 00:01:33,759

Would you be open to spending a few minutes talking about that with me today?

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00:01:33,919 --> 00:01:34,639

That's fine.

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00:01:35,039 --> 00:01:35,759
Okay, great.

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00:01:36,159 --> 00:01:38,879
Let me get a chair so we can be comfortable.

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00:01:39,279 --> 00:01:48,479
So tell me a little bit more about your drinking, maybe when you started, what that's looking like for you now, whatever you're comfortable sharing.

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00:01:48,959 --> 00:01:53,199
So I started drinking socially in my twenties.

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00:01:53,639 --> 00:01:55,839
I did that for a long time.

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00:01:55,879 --> 00:02:01,199
And then when COVID hit, I started working at home fully.

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00:02:02,079 --> 00:02:11,119
And I noticed that when I started working at home, I was by myself and I started drinking probably like one or two bottles of wine a day.

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00:02:12,599 --> 00:02:12,959
Okay.

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00:02:13,519 --> 00:02:15,599
And what do you like about drinking?

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00:02:16,679 --> 00:02:16,799
Well,

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00:02:18,200 --> 00:02:19,719
My job is really stressful.

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00:02:19,719 --> 00:02:22,959
I do tech sales and it's always been stressful.

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00:02:22,959 --> 00:02:36,719

It was stressful before COVID, but it feels like it got more stressful once COVID hit because I was at home doing all of the things by myself and the wine just kind of helped get me through the day.

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00:02:37,119 --> 00:02:37,599

Okay.

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00:02:38,159 --> 00:02:41,599

And what's been some not so good things about the drinking, if any?

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00:02:42,559 --> 00:02:42,719

Well,

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00:02:44,719 --> 00:02:48,398

I've noticed that in the mornings, I'm more groggy.

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00:02:48,398 --> 00:02:50,998

It takes me a little while to get going.

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00:02:52,238 --> 00:02:55,038

And I've noticed lately that I'm more sad.

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00:02:55,038 --> 00:02:57,678

I mean, I don't know if it's depression.

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00:02:59,278 --> 00:03:07,438

And I don't even know if my sadness is related to the drinking, but I do know that I am more sad lately.

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00:03:07,878 --> 00:03:10,798

Okay, so on the one hand, it's really

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00:03:11,238 --> 00:03:16,078

feels like it's been helpful for the stress that really ramped up during COVID with your job.

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00:03:16,078 --> 00:03:20,478

It sounds like it's something you've done to cope with maybe some isolation.

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00:03:20,878 --> 00:03:28,478

And then by the end of the day, you're ending a little bit more relaxed than maybe otherwise from all that stress of the day.

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00:03:29,118 --> 00:03:34,318

But then on the other hand, you're waking up groggy some mornings, which doesn't feel good.

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00:03:35,678 --> 00:03:47,638

And then you're wondering about, you know, kind of these more depressive feelings and if that could be related to this, sounds like your drinking increased because you're at home maybe starting a bit earlier in the day.

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00:03:47,638 --> 00:03:49,438

Mm-hmm, yeah.

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00:03:50,318 --> 00:03:50,438

Okay.

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00:03:51,158 --> 00:03:59,358

And so where does that leave you in terms of, you know, thinking about maybe making a change around your drinking, maybe cutting back?

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00:04:00,638 --> 00:04:12,958

If you were to say how important that was in your life right now on a scale of one to ten, one really not important ten, like, you know, your top priority when you go home, where are you at?

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00:04:13,518 --> 00:04:21,598

Well, I mean, prior to breaking my hip, I would say I was pretty low, but

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00:04:22,519 --> 00:04:27,919

With this hip situation, I can't work, and if I can't work, then I can't pay my bills.

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00:04:29,199 --> 00:04:30,479

And that's really important.

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00:04:30,479 --> 00:04:33,279

So I would say right now, maybe about an 8.

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00:04:33,959 --> 00:04:36,639

Okay, so this is pretty important.

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00:04:37,759 --> 00:04:49,759

Right up there, imagining your nine and 10 is probably about how you're gonna do at home with this hip and your work situation, your finances, and then this is right there.

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00:04:50,479 --> 00:04:51,679

So really important.

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00:04:51,679 --> 00:04:53,119

Okay, that's good to know.

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00:04:54,319 --> 00:04:58,959

Thinking about making a change when you go home and cutting back,

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00:05:00,199 --> 00:05:04,159

How confident are you in being able to do that?

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00:05:05,559 --> 00:05:08,359

On a scale again of one, you're not at all confident.

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00:05:08,359 --> 00:05:11,359

10, you know, you're, I got this.

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00:05:12,319 --> 00:05:25,999

Well, so I tried to stop, not totally stop drinking, but I tried to slow down on my drinking once before during COVID and it didn't go well.

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00:05:27,439 --> 00:05:28,559

And so,

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00:05:29,479 --> 00:05:31,838

maybe about like a four or a five.

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00:05:32,359 --> 00:05:32,719

Okay.

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00:05:33,519 --> 00:05:36,799

Why a four and a five and not a two, say?

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00:05:38,319 --> 00:05:42,919

Well, I have people in my life that want the best for me.

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00:05:42,919 --> 00:05:50,479

I have really good friends that I think would encourage me to do something other than drinking.

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00:05:50,559 --> 00:05:57,359

I have supportive coworkers, and I have a therapist also that I could reconnect with to be supportive.

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00:05:57,959 --> 00:06:05,119

Okay, and what would you need to go from like a four or five to an eight?

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00:06:05,639 --> 00:06:06,839

What would be helpful for you?

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00:06:06,839 --> 00:06:12,639

I think it would be helpful if my supports checked on me a lot.

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00:06:13,759 --> 00:06:25,679

Okay, so you do have a support system and you feel like maybe, you know, that you need a little bit more in terms of resources and things to be successful with this.

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00:06:26,559 --> 00:06:29,999

And it's important for you to be successful, it seems like, for you.

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00:06:29,999 --> 00:06:30,799

Okay.

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00:06:31,919 --> 00:06:39,919

Is it okay if I share some additional resources that we can offer, very specific to folks trying to make these type of changes in their life?

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00:06:40,079 --> 00:06:40,799

Yep, that's fine.

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00:06:41,239 --> 00:06:41,399

Okay.

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00:06:42,319 --> 00:06:51,199

So one of the things we have, we have counselors that specialize in folks who are trying to make these type of changes in their life.

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00:06:52,319 --> 00:06:57,119

And so they work with folks with substance use issues, alcohol, and other drugs.

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00:06:57,639 --> 00:07:04,559

And so we have a list that I can make sure gets included in your discharge paperwork when we're ready for that.

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00:07:04,879 --> 00:07:14,479

And also, you know, members of our care coordination and social work team can work with you on that more while you're here, if you'd like.

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00:07:15,599 --> 00:07:17,199

So that's one resource.

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00:07:18,879 --> 00:07:19,799

How does that sound?

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00:07:19,799 --> 00:07:22,199

Does that sound like something that might be helpful for you?

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00:07:22,399 --> 00:07:22,799

Sure.

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00:07:23,119 --> 00:07:23,399

Okay.

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00:07:24,199 --> 00:07:27,679

So we can definitely get that connection started.

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00:07:28,159 --> 00:07:40,879

The other resource we have, we have people who are in recovery, have made these changes already with their own substance use, including alcohol use, called Peer Recovery Coaches.

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00:07:41,359 --> 00:07:46,399

And they really can help folks that are in the midst of making this change

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00:07:47,159 --> 00:07:53,599

with being able to be that resource from the perspective of a person who's gone through it.

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00:07:53,838 --> 00:07:55,719

So it can be particularly powerful.

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00:07:55,719 --> 00:08:07,519

I know you have, it sounds like, friends and family that are very supportive, and you may not feel as comfortable sharing some things with them as you would with someone who's been through it, or feel like you are as understood.

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00:08:08,519 --> 00:08:14,239

And so we can definitely connect you to our team of recovery coaches as well, if you'd like.

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00:08:14,879 --> 00:08:15,959

I mean, that's fine.

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00:08:15,959 --> 00:08:17,359

I don't think it could hurt.

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00:08:18,159 --> 00:08:29,758

Okay, yeah, I think sometimes it's just good to, you know, do as much as you can to be as successful as you can be with it, 'cause it does sound so important for you to make this change.

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00:08:31,038 --> 00:08:43,998

And lastly, I wanted to talk to you about possibly a medication that can help people not want to crave the alcohol as much, not have all those thoughts about drinking as much,

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00:08:44,718 --> 00:08:46,318

It's called Naltrexone.

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00:08:47,678 --> 00:08:53,278

Would you be interested in a medication around that or want more information on that?

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00:08:53,278 --> 00:08:54,798

'Cause I know that's a big thing.

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00:08:55,918 --> 00:08:57,358

I'd like the information.

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00:08:57,838 --> 00:09:04,318

I don't really like taking medicine so much, so if it's something that I wouldn't have to take forever, I would maybe consider.

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00:09:05,358 --> 00:09:05,478

Okay.

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00:09:05,478 --> 00:09:13,518

And tell me a little bit about how you're feeling now that you're not drinking or thinking back to that time where you tried to

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00:09:14,478 --> 00:09:16,158

not drink for a few days.

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00:09:17,358 --> 00:09:20,398

tell me about the thoughts and stuff that you had around that.

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00:09:21,038 --> 00:09:23,598

Any cravings or things like that?

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00:09:24,158 --> 00:09:28,158

Well, since I've been in the hospital, I haven't had any cravings.

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00:09:28,838 --> 00:09:31,518

But I am thinking about drinking a lot.

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00:09:32,158 --> 00:09:38,958

I can't really remember if there's still wine at home or if I drank at all.

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00:09:39,358 --> 00:09:51,198

And one of the things that I've been really thinking about is whether there's going to be something for me to drink when I get there, because I know that if there's nothing there, I can't stop by the store because of my hip.

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00:09:52,718 --> 00:09:57,678

And so I'm a little worried about not having any alcohol at home.

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00:09:59,038 --> 00:10:04,918

Yeah, so you've been thinking about it a lot, and that first drink, is it going to be there for you when you get home?

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00:10:06,238 --> 00:10:08,238

So again, this medication can help with that.

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00:10:08,238 --> 00:10:10,718

It is just a once-a-day medication.

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00:10:13,478 --> 00:10:24,878

You take it for about the first three to six months of making the change and getting to the point where you wanna be in terms of how much you wanna cut back or stop.

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00:10:25,438 --> 00:10:30,638

And then once you achieve your goal, we suggest, again, staying on it for about three to six months.

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00:10:31,558 --> 00:10:35,358

When you're ready to stop it, you don't have to taper it or anything, you just stop.

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00:10:36,398 --> 00:10:38,958

For a lot of people, that's it.

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00:10:38,958 --> 00:10:40,318

They're doing well.

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00:10:40,958 --> 00:10:45,838

You know, they're doing what they want to do around their substance, their alcohol, and it's okay.

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00:10:46,638 --> 00:10:58,718

But if you start having those thoughts again, or you have, you know, a little slip back to where the level of drinking you're not comfortable with, you can try it again for another few months,

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00:10:59,318 --> 00:10:59,838

see how it goes.

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00:11:02,398 --> 00:11:06,398

How do you feel about that medication, hearing that information?

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00:11:06,398 --> 00:11:09,118

Does that sound like something you want to try or not?

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00:11:09,518 --> 00:11:10,638

Yeah, I think I would.

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00:11:11,358 --> 00:11:16,638

Okay, so I'll make sure that that medication gets added to your med list for discharge.

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00:11:16,638 --> 00:11:18,478

We get those scripts for you.

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00:11:19,918 --> 00:11:27,678

Physical therapy, I think, starts today, so that's the next step on your journey to get home, so I'm really excited for you for that today.

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00:11:28,638 --> 00:11:35,038

I'm on service all week, so I will see you tomorrow, and I'd love to catch up again then.

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00:11:35,318 --> 00:11:35,678

Okay.

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00:11:36,078 --> 00:11:36,398

All right.

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00:11:36,478 --> 00:11:37,758

Nice meeting you, Nicole.

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00:11:37,838 --> 00:11:38,398

Thank you.