

SBIRT Conducted by a Licensed Professional Counselor  
Demonstration Video Transcript  
Patient (Jim) at Risk for Alcohol Use Disorder

1  
00:00:04,360 --> 00:00:10,160  
A 60-year-old man who has been suffering from heartburn has recently found his condition becoming more acute.

2  
00:00:10,640 --> 00:00:20,320  
After he endured a night of severe stomach pain, his wife insisted he go to the emergency department, where he was diagnosed with a GI bleed and admitted to the hospital.

3  
00:00:20,640 --> 00:00:25,599  
His answers to the screening regarding his alcohol consumption have prompted a consultation.

4  
00:00:30,399 --> 00:00:31,559  
Hey, are you

5  
00:00:31,559 --> 00:00:31,879  
Mr. Wallace?

6  
00:00:32,599 --> 00:00:33,239  
Yes.

7  
00:00:33,559 --> 00:00:33,959  
Hi, Mr. Wallace.

8  
00:00:33,959 --> 00:00:35,159  
My name's Jasmine.

9  
00:00:35,599 --> 00:00:38,679  
I'm a behavioral health specialist and part of your care team.

10  
00:00:39,399 --> 00:00:40,439  
Is it okay if I sit?

11  
00:00:41,399 --> 00:00:42,119  
Yeah, sure.

12

00:00:42,359 --> 00:00:43,079

Thank you.

13

00:00:44,599 --> 00:00:46,999

This is going to be a silly question, but how are you feeling today?

14

00:00:48,439 --> 00:00:49,959

Well, I've been better.

15

00:00:50,359 --> 00:00:53,799

My gut is just really, really bothering me right now.

16

00:00:54,639 --> 00:00:58,679

Yeah, so you're definitely feeling awful, and I'm so sorry that you have to be here today.

17

00:00:58,759 --> 00:01:00,119

Yeah, thanks.

18

00:01:00,359 --> 00:01:00,519

Yeah.

19

00:01:01,079 --> 00:01:04,839

Well, this is something I do with all patients who enter into the hospital.

20

00:01:05,399 --> 00:01:11,639

Everyone who comes into the hospital completes an alcohol questionnaire, and you completed one for us earlier today.

21

00:01:12,119 --> 00:01:14,599

Okay, yeah, I remember filling that out, yeah, sure.

22

00:01:14,998 --> 00:01:24,598

So if it's okay with you, I would like to spend a little time, this is something your doctor suggested, that we talk a little bit about the role alcohol may have played in you being here today.

23

00:01:25,398 --> 00:01:26,198

Yeah, okay.

24

00:01:26,558 --> 00:01:26,838

Okay.

25

00:01:27,718 --> 00:01:31,158

Well, if it's all right, I'll just go ahead and kind of go over your questionnaire.

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00:01:31,398 --> 00:01:31,638

Yeah.

27

00:01:32,318 --> 00:01:32,438

Okay.

28

00:01:33,078 --> 00:01:37,158

So on average, it looks like you're drinking about four or more times a week?

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00:01:38,118 --> 00:01:39,798

Yeah, almost every day.

30

00:01:41,318 --> 00:01:45,558

And it looks like when you are drinking, you're having about two to three beers or two to three drinks.

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00:01:46,518 --> 00:01:47,478

Yep, that's about right.

32

00:01:48,678 --> 00:01:54,278

And it looks like about two times a week, you're having four or more drinks on one occasion.

33

00:01:55,238 --> 00:01:56,918

Yeah, on weekends, yeah.

34

00:01:57,398 --> 00:02:07,797

Right, and finally on here, it looks like you indicated in the last year that someone close to you, maybe a loved one or your doctor, shared some concerns about your drinking.

35

00:02:08,517 --> 00:02:10,917

Yeah, that'd be my wife, yeah.

36

00:02:11,877 --> 00:02:17,117

if it's okay with you, would you just tell me a little bit more about the role drinking plays in your life?

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00:02:18,437 --> 00:02:19,237

Yeah, sure.

38

00:02:20,517 --> 00:02:22,956

Well, I just want to be clear.

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00:02:22,956 --> 00:02:27,317

I'm not like an alcoholic or something, but I do like drinking beer.

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00:02:28,677 --> 00:02:30,517

And part of it is for my work.

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00:02:30,517 --> 00:02:31,477

I'm a businessman.

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00:02:31,557 --> 00:02:36,357

And the nature of my work, I take my clients out quite a bit.

43

00:02:37,317 --> 00:02:38,956

It's just normal for us to have drinks.

44

00:02:38,956 --> 00:02:40,357

We've got to keep the clients happy.

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00:02:41,197 --> 00:02:44,717

When I'm not doing that, it's a stressful business.

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00:02:44,717 --> 00:02:51,317

And so when I get home, I usually have two, maybe sometimes three beers just to kind of relax and wind down.

47

00:02:52,597 --> 00:02:59,876

And then on the weekends, I like to watch the ball games with my buddies.

48

00:02:59,956 --> 00:03:02,196

And I really like to grill.

49

00:03:02,436 --> 00:03:02,996

And

50  
00:03:04,436 --> 00:03:05,316  
I'm pretty good.

51  
00:03:05,556 --> 00:03:10,756  
And my friends know that it's important to keep the grill master happy,  
so they always have a beer in my hand.

52  
00:03:11,076 --> 00:03:11,556  
OK.

53  
00:03:12,036 --> 00:03:16,476  
So it sounds like it's typical for you to have a couple of beers whenever  
you're out with your clients.

54  
00:03:16,996 --> 00:03:17,556  
Right, yeah.

55  
00:03:18,036 --> 00:03:18,196  
Yeah.

56  
00:03:18,436 --> 00:03:22,596  
And then when you're kind of hanging out with your friends on the  
weekend, you guys have a couple of beers as well.

57  
00:03:22,756 --> 00:03:23,076  
Yeah.

58  
00:03:23,556 --> 00:03:23,796  
Yeah.

59  
00:03:24,316 --> 00:03:26,356  
What might be some other good things about drinking?

60  
00:03:27,516 --> 00:03:28,436  
Other good things?

61  
00:03:29,316 --> 00:03:31,476  
I really love the taste of good IPA.

62

00:03:34,036 --> 00:03:37,636  
Not right now, but I love IPAs.

63  
00:03:38,036 --> 00:03:38,996  
Kind of a beer snob.

64  
00:03:39,596 --> 00:03:41,396  
Okay, so you're a bit of a beer snob.

65  
00:03:41,396 --> 00:03:43,596  
You like IPAs and craft beers.

66  
00:03:43,596 --> 00:03:46,675  
Beer snob is, that's what I am, yeah.

67  
00:03:46,675 --> 00:03:46,915  
Okay.

68  
00:03:47,315 --> 00:03:53,395  
And what might be some not so good things about your drinking that you've noticed, or maybe someone close to you has even mentioned?

69  
00:03:54,035 --> 00:04:03,155  
Well, while I'm here, and again, they gave me a lot of medicine in the emergency room, but I think I remember the doctor saying something about maybe I was

70  
00:04:04,035 --> 00:04:06,755  
like a GI bleed or bleeding in my stomach.

71  
00:04:06,755 --> 00:04:09,715  
And I think they said it might have something to do with my drinking.

72  
00:04:09,795 --> 00:04:13,795  
I need to find out more about that, but that wouldn't be good.

73  
00:04:15,394 --> 00:04:24,515  
Yeah, I told you earlier, my wife has expressed some concerns about how much I drank, but I never really gave it much thought because I'm not a drunk.

74  
00:04:24,595 --> 00:04:25,795

I'm not an alcoholic.

75

00:04:26,675 --> 00:04:27,795  
I can hold my liquor.

76

00:04:28,355 --> 00:04:32,035  
I've never had a DWI, so I really didn't see the big deal.

77

00:04:33,475 --> 00:04:45,154  
So some good things about your drinking are again, it's something that you do with your clients and it's a hobby that you kind of participate in on the weekends with your friends and you love a good craft beer.

78

00:04:45,394 --> 00:04:45,714  
Oh yeah.

79

00:04:46,114 --> 00:04:51,634  
And some not so good things about your drinking are that potentially drinking could have led you to be in the hospital today.

80

00:04:51,794 --> 00:04:52,673  
Yeah, yeah.

81

00:04:52,673 --> 00:04:54,434  
And this is miserable.

82

00:04:54,434 --> 00:04:55,474  
I want this to go away.

83

00:04:55,474 --> 00:04:57,394  
I don't want this to happen again.

84

00:04:57,954 --> 00:05:00,674  
And it also sounds like your wife has some health concerns for you.

85

00:05:01,474 --> 00:05:02,274  
She does.

86

00:05:02,354 --> 00:05:10,514  
You know, I know she means well and she cares about me, but I'm sure she's out there talking to the doctor right now about her concerns of my drinking.

87

00:05:10,514 --> 00:05:14,114

And I'm sure we're going to be having a conversation here pretty soon too.

88

00:05:15,714 --> 00:05:19,834

So what are some things that you already know about the impact of drinking on your health?

89

00:05:22,034 --> 00:05:25,314

You know, honestly, I've never given it much thought.

90

00:05:25,714 --> 00:05:29,953

I've got a lot of buddies that drink a lot more than I do, and I've never had any health issues.

91

00:05:29,953 --> 00:05:37,713

I've got a little bit of high blood pressure, but I've always been healthy, and like I said, drinking's never gotten me in trouble.

92

00:05:39,072 --> 00:05:41,072

Again, I'm not an alcoholic.

93

00:05:41,633 --> 00:05:47,153

I can cut back or stop if I want to.

94

00:05:50,033 --> 00:05:58,033

I guess what I'm saying is I guess I really don't know that much, except, well, I'm finding out that maybe it has something to do with my bleeding in my stomach.

95

00:05:58,033 --> 00:06:00,833

So I guess that's a concern.

96

00:06:02,153 --> 00:06:03,393

So this is all new to you.

97

00:06:03,953 --> 00:06:04,833

Yeah, yeah.

98

00:06:05,113 --> 00:06:05,273

Okay.

99

00:06:05,793 --> 00:06:15,153

Well, what we know is if you have five or more drinks in a two-hour period, or if you have more than 14 in a week, that's considered to be risk drinking.

100

00:06:15,873 --> 00:06:26,912

And just based on the information you've already shared, it looks like that you are already drinking above those levels. Huh -- so I'm...

101

00:06:28,432 --> 00:06:32,712

My drinking, what I'm drinking now is putting me at risk for my health.

102

00:06:33,072 --> 00:06:41,232

Yeah, so what we know is whenever you're drinking at risk levels, it can put you at more, it can put you at risk for more accidents and injuries.

103

00:06:41,632 --> 00:06:48,112

And it sounds like maybe, like with you, your doctor has shared that it can be contributing to some health issues that you're experiencing.

104

00:06:49,712 --> 00:06:50,912

Okay, I get it.

105

00:06:51,712 --> 00:06:52,672

I've never heard that.

106

00:06:52,672 --> 00:06:54,192

I've never thought of that.

107

00:06:54,192 --> 00:06:54,952

That's, huh.

108

00:06:56,192 --> 00:06:57,952

Yeah, I'm drinking two or three beers.

109

00:06:57,952 --> 00:06:59,872

Well, yeah, I'm sure over 14, aren't I?

110

00:07:00,992 --> 00:07:07,191

Again, if the doctor's thinking alcohol has something to do with this, right now I don't want to drink anything.

111  
00:07:07,191 --> 00:07:08,431  
I just want this to be better.

112  
00:07:08,991 --> 00:07:13,231  
You really value the opinion of your doctor, and right now you're not even thinking about alcohol.

113  
00:07:13,231 --> 00:07:14,031  
You feel so bad.

114  
00:07:14,191 --> 00:07:16,431  
You know, I sure don't want to be drinking right now.

115  
00:07:16,591 --> 00:07:23,711  
I feel miserable, but I still, you know, drinking is a big part of who I am and what I do.

116  
00:07:24,911 --> 00:07:26,511  
It's got to get better.

117  
00:07:26,671 --> 00:07:26,791  
Yeah.

118  
00:07:27,631 --> 00:07:28,111  
Okay.

119  
00:07:28,511 --> 00:07:36,991  
So if you were to imagine yourself, let's say, on a scale with one being not at all ready and ten being very ready, how ready are you to make some changes in your drinking?

120  
00:07:38,271 --> 00:07:38,511  
Hmm.

121  
00:07:39,711 --> 00:07:40,271  
One to ten.

122  
00:07:40,271 --> 00:07:42,271  
I'd say probably about a five.

123

00:07:42,591 --> 00:07:42,991  
Okay.

124  
00:07:43,071 --> 00:07:44,031  
So right there in the middle.

125  
00:07:44,191 --> 00:07:44,511  
Yeah.

126  
00:07:45,191 --> 00:07:47,311  
And why did you choose a five and not a two or a three?

127  
00:07:51,471 --> 00:07:55,151  
You know, before all this happened, I would tell you I'm a one.

128  
00:07:56,431 --> 00:07:58,030  
There's no problem with my drinking.

129  
00:07:58,910 --> 00:08:03,390  
I'm here in the hospital and again, I think they're telling me this has something to do with my beer drinking.

130  
00:08:03,390 --> 00:08:08,670  
So again, I haven't fully wrapped my head around this.

131  
00:08:08,670 --> 00:08:18,270  
I've got to talk to the doctors some more, but I'm a little more concerned and maybe a little more ready to do something about it than maybe I was.

132  
00:08:18,510 --> 00:08:20,830  
Being in the hospital, it has really impacted you.

133  
00:08:21,230 --> 00:08:23,230  
And you're thinking about ways you can improve your health.

134  
00:08:23,870 --> 00:08:24,190  
Right.

135  
00:08:24,510 --> 00:08:24,670  
Yeah.

136  
00:08:24,830 --> 00:08:25,110  
Right.

137  
00:08:25,390 --> 00:08:25,630  
Okay.

138  
00:08:26,750 --> 00:08:32,029  
If you were to think about some steps you might take in changing your behavior, what might that look like?

139  
00:08:34,510 --> 00:08:34,830  
Hmm.

140  
00:08:35,710 --> 00:08:45,830  
Well, again, I think, if I remember right, I think the doctor is telling me that they want to put a tube or a camera down my throat and check out what's really going on in here.

141  
00:08:45,830 --> 00:08:48,829  
And I think they said something like, I really should

142  
00:08:49,469 --> 00:08:54,589  
not be drinking for like maybe the next couple weeks to let this stuff heal up.

143  
00:08:54,629 --> 00:08:56,749  
And that sounds okay with me.

144  
00:08:56,749 --> 00:08:59,229  
Like I said, I can stop drinking any time.

145  
00:08:59,709 --> 00:09:03,629  
It's, you know, I've just never really seen a need to do that.

146  
00:09:03,789 --> 00:09:07,069  
So I can do that two- week thing.

147  
00:09:07,709 --> 00:09:09,469  
And I know that'll probably make my wife happy.

148  
00:09:10,029 --> 00:09:18,749

But moving forward, I don't, I'm wondering if I could do like an IPA diet where I can kind of maybe

149

00:09:19,469 --> 00:09:23,869

drink less, kind of like drink more safely, I guess.

150

00:09:24,469 --> 00:09:32,429

And I can kind of figure out, if I'm going to hang out with my buddies, and I think you said five should be the max, like, okay.

151

00:09:32,429 --> 00:09:32,709

Right.

152

00:09:32,709 --> 00:09:44,428

I'll just have to figure out how much more little drinking should I do during the week so I can have a good time with my buddies, but still not go crazy like I have been.

153

00:09:44,828 --> 00:09:46,108

Okay, so for you,

154

00:09:47,068 --> 00:09:54,508

Completely stopping, quitting drinking is not something you're ready to do, but you may be considering making a change as far as reducing how much you drink.

155

00:09:55,628 --> 00:10:03,548

It sounds like you're looking to drink maybe below risk levels, and you're thinking about how that might look in your life right now, especially when you're hanging out with your friends.

156

00:10:04,348 --> 00:10:04,588

Yeah.

157

00:10:04,588 --> 00:10:04,748

Okay.

158

00:10:05,388 --> 00:10:06,428

Well, thank you so much, Mr.

159

00:10:06,428 --> 00:10:08,028

Wallace, for talking with me today.

160  
00:10:08,348 --> 00:10:18,268  
If it's okay with you, I want to share this information with your doctor and other members of your care coordination team just to see if there's any needs you may have down the line.

161  
00:10:18,428 --> 00:10:18,748  
Oh, yeah.

162  
00:10:19,148 --> 00:10:19,468  
Yeah.

163  
00:10:19,708 --> 00:10:20,588  
No, that makes sense.

164  
00:10:21,468 --> 00:10:24,508  
And can you ask the nurse to come back in when you leave?

165  
00:10:24,828 --> 00:10:25,348  
Of course.

166  
00:10:25,708 --> 00:10:27,148  
I hope you get to feeling better really soon.

167  
00:10:27,148 --> 00:10:27,548  
Thank you.

168  
00:10:27,628 --> 00:10:28,267  
You take care.

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