SBIRT PPT Notes

Student’s Name:

Institutional Affiliation:
Alcohol Addiction among Youths in Ames City (Iowa)

Alcohol addiction has continued to be a problem affecting youth’s health in Ames city in the state of Iowa. Iowa has the most significant number of college students in the country. As a result, there is a lot of peer pressure, which leads to alcohol addiction. Ames city has been ranked one of the top cities in the country with high alcohol consumption (“These 3 Iowa cities are some of the drunkest in the country,” 2018). As of 2018, 22.7% of youths engaged in alcohol abuse in Ames City. At least 15% of accident-related deaths result from excessive alcohol consumption.

**Addiction Problem**

Alcohol addiction among the youth has increased their risk of diseases such as liver diseases, cancer, hypertension, and mental illness, among others (Green et al., 2016). These diseases can be easily prevented if individuals take better care of their health. It is, however, worth noting that some youths indulge in alcohol abuse out of pure ignorance. A little education and sensitization can help them make informed health decisions. There has been reduced productivity among youth in the state. When youths are not in the right mental state, they cannot look for employment or even maintains their existing sources of income (Green, et al., 2016).

The 2018 America’s Health rankings report indicates an increase in crime among Iowa youths as a result of alcohol abuse. Alcohol addiction also has financial implications. The country spends about $224 billion to mitigate the effects of alcohol abuse. A lot of resources are required to build rehab centers, purchase treatment equipment and drugs, and to run awareness programs on alcohol abuse. In addition to this, alcohol abuse also contributes to 15% death-related accidents in this state. When people consume alcohol, they lose their visibility and judgment and, as such, put the lives of others in danger (Hingson & Smyth 2017). In school, youths who have addiction problems are unable to concentrate and end up performing poorly.
SBIRT

SBIRT is an evidence-based practice that can be used across different healthcare to identify substance abuse; in this case, alcohol abuse among individuals, and come up with interventions to eliminate or reduce this abuse. SBIRT promotes early detection of risky behavior (Barata et al., 2017). When patients open up to healthcare providers about their struggles with addiction, they can get immediate help before the addiction progresses.

In one of the YouTube videos (https://youtu.be/ebsqETBWeDo), a healthcare provider does a health assessment to a female patient who could be at risk of alcohol abuse. The First Step he does is to raise the subject with the patient. This should be done objectively in a way that allows patients to share their side of the story. From the conversation, the provider can assess the patient using an approved assessment tool. Screening helps to determine the extent to which the patient is affected by alcohol.

After that, a brief intervention can be done. In this part, he engages the patient on this behavior and educate her on the health risks. He listens to patient's details and offers advice objectively. It is important to involve the patient actively in this process. The healthcare provider can then refer the patient for treatment or rehabilitation.

Community Resources

Your Life Iowa (YourLifeIowa.org) offers services and education related to alcohol abuse. It provides treatment options and information.
The Network for the Improvement of Addiction Treatment (NIATx) - Promotes access to treatment for individuals with alcohol addiction

Iowa Alcohol And Drug Helpline - (800) 821-4357 - Offers free and confidential counseling services for individuals addicted to alcohol

Conclusion

Patients fighting alcohol addiction are often unaware and sometimes in denial. This calls for nurses to go the extra mile and educate patients on this issue. This helps them recognize that they may have a problem. In line with this, nurses should seek to acquire more skills, including SBIRT practice. By doing so, they will help reduce alcohol addiction. Nurses should also try to gain more skills, including SBIRT training. By doing so, they will help reduce alcohol addiction.

All nurses should learn about drug and alcohol prevention practices regardless of their specialization. This is because all patients have the potential to become addicted. Sometimes a nurse who works in the surgery department may find this information is not necessary and can only be relevant to psychiatric nurses. This is not true because alcohol abuse affects every almost component of the body. It is also essential that nurses practice ethical principles such as promoting patient's privacy & confidentiality when working with such patients.
References


