

REDUCING ALCOHOL-RELATED HARM IN GENERAL PRACTICE

The REACH Project: an implementation study to embed brief interventions into routine care

Alcohol is a major source of harm. People from low income groups are affected by alcohol related harms more, and at lower levels of alcohol intake, than people from higher income groups. General practice plays an essential role in reducing alcohol-related harm in the community.

Brief interventions involve assessing a person's alcohol use and offering individualised advice to reduce health risks. Despite their effectiveness, clinicians do not routinely offer brief interventions in daily practice.

PROJECT GOAL

To understand how clinicians can be better supported to provide brief interventions for alcohol in general practice

PHASE 1

Collaborate with patients and practitioners to design a new approach to increase the uptake of brief interventions for alcohol use in general practice.

PHASE 2

Test the feasibility and acceptability of the new approach in general practices in low-income areas using chart audit, interviews and an SMS survey.

CONCLUSION

The findings will be used to refine the approach for scale-up in Victoria and across Australia.

NEXT STEPS

- We are seeking help from community members and general practitioners to design a new approach to brief interventions in Phase 1
- We are seeking help from general practices in the North West and South East regions of Melbourne to take part in the trial in Phase 2
- We wish to engage stakeholders to help disseminate the work to the general practice community

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