Reducing alcohol-related harm in general practice: The REACH Project

Would you like to be better supported to discuss alcohol intake with your patients? If so, this quality improvement activity can help.

Background

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 may find it difficult to routinely offer brief interventions in daily practice.

Aims

The aim of this study is to test a new package of resources to increase brief interventions for alcohol use in general practice across Victoria. We will focus on ensuring the approach is most effective and acceptable for low-income patients.

**Your practice will receive:**

* Support and resources to assist in the identification and management of patients with problematic alcohol use including;
  + Waiting room survey based on Smoking, Nutrition, Alcohol and Physical Activity (SNAP) guidelines and readiness to change
  + Clinical information guides focusing on motivational interviewing and practical strategies to help patient reduce alcohol intake
  + Podcasts with GPs with AOD expertise on how to apply brief interventions.
  + Supporting pamphlets and posters
* Progress reports at three-month intervals (bar graphs and charts of % of alcohol status recorded).
* $1000 honorarium in recognition of time and SMS costs to participate in the research
* Certificate of research participation to GPs involved

Benefits of your practice participating

* Improve practice systems for managing patients with problematic alcohol use
* Improve patient outcomes by offering individualised advice to reduce health risks
* Access better clinical resources for managing problematic alcohol use in general practice

Practice participation requirements

**All general practices that participate in the project will be required to:**

* Test the package of resources at your practice (including in consultations, where applicable)
* Provide information about your practice (staffing, governance, current practice routines) and recording of alcohol histories.
* Send SMSs to patients from your practice system to distribute a research survey (only on three days)
* Submit de-identified data on patient alcohol histories to NWMPHN through the Pen Clinical Audit Tool (Pen CAT CAT4)
* Complete a survey and an interview to give feedback on their acceptability and feasibility to be incorporated into usual practice
* Help us recruit patients to the study.

**Practice eligibility criteria**

**To be eligible for the REACH Project, general practices must:**

* Be located within the identified NWMPHN catchment areas.
* Have a clinical and billing system that is compatible with PEN CAT (Medical Director, Best Practice, ZedMed).
* Have the capacity to send SMS to patients

**Priority will be given to practices**

* Located in Brimbank, Hume, Maribyrnong and Melton local government areas

*NB: If more than five general practices express an interest, a second application phase may occur.*

**More information and apply**

**Complete the application form and return by email to:**

Carlia Bennardo

Program Support Officer, Primary Health Care Improvement

North Western Melbourne Primary Health Network

**P**: 03 9347 1188

**E:** [primarycare@nwmphn.org.au](mailto:primary.care@nwmphn.org.au)

Further information is available on the [fact sheet (.pdf)](https://nwmphn.org.au/wp-content/uploads/2020/02/REACH-flyer_general-2-1.pdf).

**Applications close at 5:00pm on Friday, 10 July 2020.**

**This study will be conducted by Monash University and is funded by the Victorian Health Promotion Foundation (VicHealth).**

**Approximate timelines and activities**

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| --- | --- |
| **Activity** | **Date** |
| Applications open | **29 June 2020** |
| Applications close | **10 July 2020** |
| Selection panel | 7 July 2020 |
| General practice applicants notified | 8 July 2020 or before |
| Consent forms due | 10 July 2020 or before |
| Project Commences | 13 July 2020 or before |

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| ABOUT PHNs  Funded by the Commonwealth Department of Health, Primary Health Networks (PHN’s) began operation on 1 July 2015 and are responsible for coordinating primary health care and facilitating improved health outcomes in their local community. Melbourne Primary Care Network operates the North Western Melbourne Primary Health Network (NWMPHN). |
| ABOUT Monash University’s Department of General Practice  Monash University’s Department of General Practice was established more than 35 years ago and is one of the largest general practice teaching and research departments in Australia. We strive to maintain excellence in teaching medical students and nurture in them an interest in pursuing a career in general practice. We are also undertaking world-class, cutting edge research to inform clinical practice and policy questions in primary health care. |

We acknowledge the peoples of the Kulin nation as the Traditional Owners of the land on which our work in the community takes place. We pay our respects to their Elders past and present.



EXPRESSION OF INTEREST: Application

Reducing Alcohol-Related Harm in General Practice: The REACH Project

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| --- | --- |
| **PLEASE COMPLETE YOUR GENERAL PRACTICE DETAILS** | |
| NAME OF GENERAL PRACTICE: | |
| PROJECT LEAD CONTACT PERSON: | |
| CONTACT PHONE: | CONTACT FAX: |
| PRACTICE ADDRESS: | |
| CONTACT EMAIL: | |

|  |  |
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| **INCLUSION CRITERIA CHECKLIST** | |
| Do you have a clinical and billing system that is compatible with PEN CAT (Medical Director, Best Practice, ZedMed). | **Yes**  **No** |
| Are you able to provide protected time for staff/clinicians to participant in the project? | **Yes**  **No** |
| Are you able to provide information about your practice (staffing, governance, current practice routines) and recording of alcohol histories. | **Yes**  **No** |
| Are you able to complete a survey and an interview to give feedback on their acceptability and feasibility to be incorporated into usual practice | **Yes**  **No** |
| Are you able to assist with recruiting patients | **Yes**  **No** |
| Are you able to share practice de-identified data on patient alcohol histories to NWMPHN through the Pen Clinical Audit Tool (Pen CAT CAT4) | **Yes**  **No** |
| Do you consent to the de-identified results of this study being published in journal articles or reports and presented at conferences. | **Yes**  **No** |

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**More information**

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Carlia Bennardo

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