

OP05.2 WHEN STATE-OF-THE-ART MEDICAL TECHNOLOGIES FOR PREVENTION OF LIFESTYLE RELATED HARM MEETS EVERYDAY GENERAL PRACTICE

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Pro-active prevention with regard to alcohol, tobacco, food and exercise is in focus for the role of the general practitioner (GP). Technologies for screening and brief intervention to prevent alcohol related harm have been trend-setting for preventive general practice.

Objectives: We critically reviewed the evidence base and we implemented and researched such prophylactic activity for alcohol related harm in real-life circumstances (everyday practice of 39 highly motivated Danish GPs) to evaluate effectiveness and compatibility of the proposed technologies.

Methods: Meta-analysis of the screening and intervention efficacy evidence base, validation of a state-of-the-art screening tool, a pragmatic RCT to evaluate impact on drinking, qualitative methods to explore the GPs' experiences.

Results: Mostly published. The existing evidence base consisted mostly of efficacy trials and we found no evidence to support screening for risky drinking. The GPs who implemented the technologies in their practice reported mainly negative experiences and had concerns regarding the doctor-patient relationship. The effectiveness study revealed that only 17.9% of subjects exposed to a brief intervention attended a suggested follow-up consultation. At one-year follow-up, average weekly consumption had increased in both intervention and control groups. Adverse intervention effects for women on secondary drinking outcomes were observed.

Conclusions: The evidence base of recommended technologies to modify risky drinking is fragile and the technologies are incompatible with everyday practice. Health behaviours are not necessarily positively affected just because such pro-active technologies are implemented by the GP. Negative effects of advice-giving should be considered.

Keywords: Family practice, health promotion, preventive medicine, alcohol drinking.