

Educating undergraduate psychiatric mental health students in Screening, Brief Intervention, Referral to Treatment (SBIRT) and motivational interviewing to improve rates of substance abuse screening and enhance therapeutic communication skills

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Disclosures

- This research was funded by the Conrad Hilton Foundation and NORC at the University of Chicago.
- Requirement of the grant was to use the simulation made available by Kognito®

Objectives

- Describe and explain the 6 steps of the Brief Negotiated Interview
- Examine Data showing the successful use of this methodology in an undergraduate psychiatric mental health nursing course for undergraduate nursing students
- Illustrate the use of e-learning scenarios to teach motivational interviewing skills to undergraduate nursing students

Research Question/Null Hypothesis

- There is no difference in the students self-rated confidence level and knowledge level of NIAAA risky drinking limits after completion of the online/interactive SBIRT simulation program using therapeutic communication skills with adolescents regarding alcohol and drug use

Pre/Post Test

- Questions 1-12 are Likert type questions asking students to rate their perceived confidence level and value level regarding screening patients for risky alcohol use
- Questions 13-14 are knowledge level questions about NIAAA risky drinking limits

Perceived Confidence Level Data- Wilcoxon Signed Ranks^a

	Post1- pre1	Post 2 pre 2	Post 3 pre 3	Post 4 Pre 4	Post 5 pre 5	Post 6 Pre 6	Post 7 Pre 7	Post 8 Pre 8	Post 9 Pre 9	Post 10 Pre 10	Post 11 Pre 11	Post 12 Pre 12
Z	-4.866 ^a	-1.569 ^b	-3.772 ^b	-6.005 ^b	-5.999 ^b	-5.262 ^b	-5.202 ^b	-.975 ^c	.000 ^d	-3.312 ^b	-6.191 ^b	-4.435 ^b
Asy mp Sig. (2- taile d)	.000	.117	.000	.000	.000	.000	.000	.330	1.000	.001	.000	.000

a. Wilcoxon Signed Ranks
b. Based on Positive Ranks
c. Based on Negative Ranks
d. The sum of Negative Ranks equals the sum of positive ranks

Knowledge Level of NIAAA Risky Drinking Limits – Paired T Tests

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	score after sim	3.3390	59	1.68779	.21973
	score before sim	2.0000	59	.98261	.12792

Knowledge Level of NIAAA Risky Drinking Limits – Paired T Tests

Paired Samples Test									
		Paired Differences						t	df
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			Sig. (2-tailed)
Pair 1	score after sim - score before sim	1.3390	1.83463	.23885	.86088	1.81709	5.606	58	.000

Kognito® Simulation SBI with Adolescents

- Virtual Patient Simulation
- Introductory concepts regarding screening for risk introduced
- 2 Sample conversations with 2 adolescents – one with risky drinking and one with risky drug use
- 1 Conversation is the scored conversation with adolescent with risky drinking.

CRAFFT Screening Tool

- It is a mnemonic acronym where each first letter represents a key word in the six screening questions:
 - **C** - Have you ever ridden in a CAR driven by someone (including yourself) who was "high" or had been using alcohol or drugs?
 - **R** - Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in?
 - **A** - Do you ever use alcohol/drugs while you are by yourself, ALONE?
 - **F** - Do you ever FORGET things you did while using alcohol or drugs?
 - **F** - Do your family or FRIENDS ever tell you that you should cut down on your drinking or drug use?
 - **T** - Have you gotten into TROUBLE while you were using alcohol or drugs?

Steps and Elements of the BNI

BNI	ELEMENTS
ENGAGEMENT	BUILD RAPPORT
PROS AND CONS	EXPLORE PROS AND CONS USE REFLECTIVE LISTENING REINFORCE POSITIVES SUMMARIZE
FEEDBACK	ASK PERMISSION PROVIDE INFORMATION ELICIT RESPONSE
READINESS RULER	READINESS SCALE REINFORCE POSITIVES ENVISIONING CHANGE
NEGOTIATE ACTION PLAN	WRITE DOWN ACTION PLAN ENVISIONING THE FUTURE EXPLORING CHALLENGES DRAWING ON PAST SUCCESS BENEFITS OF CHANGE
SUMMARIZE AND THANK	REINFORCE RESILIENCE AND RESOURCES PROVIDE HANDOUTS GIVE ACTION PLAN
