

Data Supplement 6: InVITED BRIEF INTERVENTION

1. Introduction

RA: Thank you for answering all of those questions, I know there were a lot. We are now going to have a change of pace. We would like to have a brief conversation about your use of drugs and alcohol and the role that these might play in your life. We will also discuss the risk you may face from infections such as HIV and hepatitis C because of your drug use. Remember, my role is not for me to change your use of alcohol or drugs or tell you that you should change. The only person who can make that decision is you. We have about 30 minutes.

2. Information about drug use

Skills: Evocation, reflections, summaries, empathy and collaboration

RA: Tell me about the drugs you have been using in the past three months.

RA: How often do you use _____?

RA: What would a typical week of use of ____ and ____ be like?

RA: Do you ever have days when you use more of _____?

RA: What's happening on those days?

RA: Have you ever injected any of those drugs?

RA: What about alcohol?

RA: When did you last use ____ or ____ or alcohol?

If used today

RA: How soon before you came to the ED did you use _____?

Transition Statement

RA: Summary about use

2. Pros and Cons of use

Pros

RA: (*Starting with the most often used*). What do you like about using _____

RA: Anything else

RA: What about _____?

RA: Anything else you get from using _____?

Repeat as necessary

Cons

RA: What don't you like about using _____?

RA: Anything else?

RA: What about _____ do you have the same concerns using that?

RA: Do you family or friends have any concern about what you use?

RA: Tell me about their concerns.

Repeat as necessary

4. Negative consequences from drug use

Explore negative consequences from drug use. If patient asks for clarification, explain, such as:

RA: Well, some people are worried because to keep using _____ they may have to spend money they need for other things.

RA: What worries about your health do you have because of your use of _____ or _____?

RA: Anything else about your health?

5. Link to HIV and Hepatitis Infections

RA: As I said earlier one of the areas I wanted to explore with you was about your risk of infections such as HIV and hepatitis C and if this risk would be linked to your drug use.

Skill: Provide-elicite-provide

RA: What do you know about HIV?

Provide information on risk factors if needed, e.g.:

a) sharing needles

b) unprotected sex with partner when not know infection status

c) exposure to infected blood through transfusion, if transfusion before 1985

d) fetal exposure from infected mother

If participant has one of the risk factors explore testing

e.g. RA: You said that you had unprotected sex (or other risk factor) with someone you did not know very well and you don't know if that person had HIV. Although it may seem frightening to find out whether or not you have HIV, if you know you can begin to get the help you need if you

are infected, and not infect anyone else. If you don't have HIV you can start to plan how to avoid getting infected in the future. What do you feel about getting tested today?

If participant agrees to testing for HIV, discuss why testing for hepatitis C is important; tie these together for the participant.

If no risk factor for HIV indicated, have conversation about hepatitis C.

RA: There is another infection that people may be exposed to because of their drug use, or because of what happens to them when they use drugs. What do you know about hepatitis C?

Provide information on what hepatitis C and how it affects the body:

RA: These are diseases of the liver caused by the hepatitis C virus. You can be exposed to the virus and not know that you have it for some time. Hepatitis C can lead to liver problems including cirrhosis and liver cancer. If you have been exposed to hepatitis C it's important to find out as soon as possible so you can get any necessary treatment, and so that you don't expose others to this infection.

Provide information on risk factors, e.g.:

- a) sharing needles*
- b) unprotected sex with partner when not know infection status, or with infected person*
- c) multiple partners*
- d) men having sex with men*
- e) travel to countries where hep C is common*
- f) sharing personal items (eg. Razor) with person who is infected.*
- g) have HIV or sexually transmitted disease*
- h) tattoos or body piercings*

RA: If participant has one of the risk factors explore testing.

If participant does not have risk factor:

RA: Although you feel that your risk to exposure is low, the CDC (explain what this is) recommends that everyone between the ages of 13 to 64 years should be tested for HIV, and those who are at a higher risk for an HIV infection should be tested at least once a year. Testing for hepatitis C is also recommended because many of the ways that you could be exposed to HIV are the same ways you could be exposed to hepatitis C.

What would be the benefit to you in getting tested today for these infections?
What would concern you about getting tested for HIV and hepatitis C today?

6. Counseling to prepare for test results

7. Risk reduction

Skills: developing discrepancy, self-efficacy for change

RA: When we were talking about risk factors for HIV and hepatitis C you mentioned that you _____ (e.g. had unprotected sex/ shared needles). Can you tell me about the last time that this happened? Had you been using drugs or drinking before this happened? Do you have concerns that this might happen again?

What do you think you can do to stop this happening again? How important is it for you to make these changes?

I have some brochures that you may find helpful, these discuss what HIV, hepatitis B and C infections are, how you may be exposed to these infections, and what to do to make yourself safer.

8. Drug and alcohol use

Skills: developing discrepancy, self-efficacy for change

RA: You mentioned that you used _____ and _____ on a regular basis, how would you say your use of _____ compared to your friends? Is this something you would like to change? How could you go about making that change? Can I go over some information with you that may help you to make that change? (Resource information brochures)