



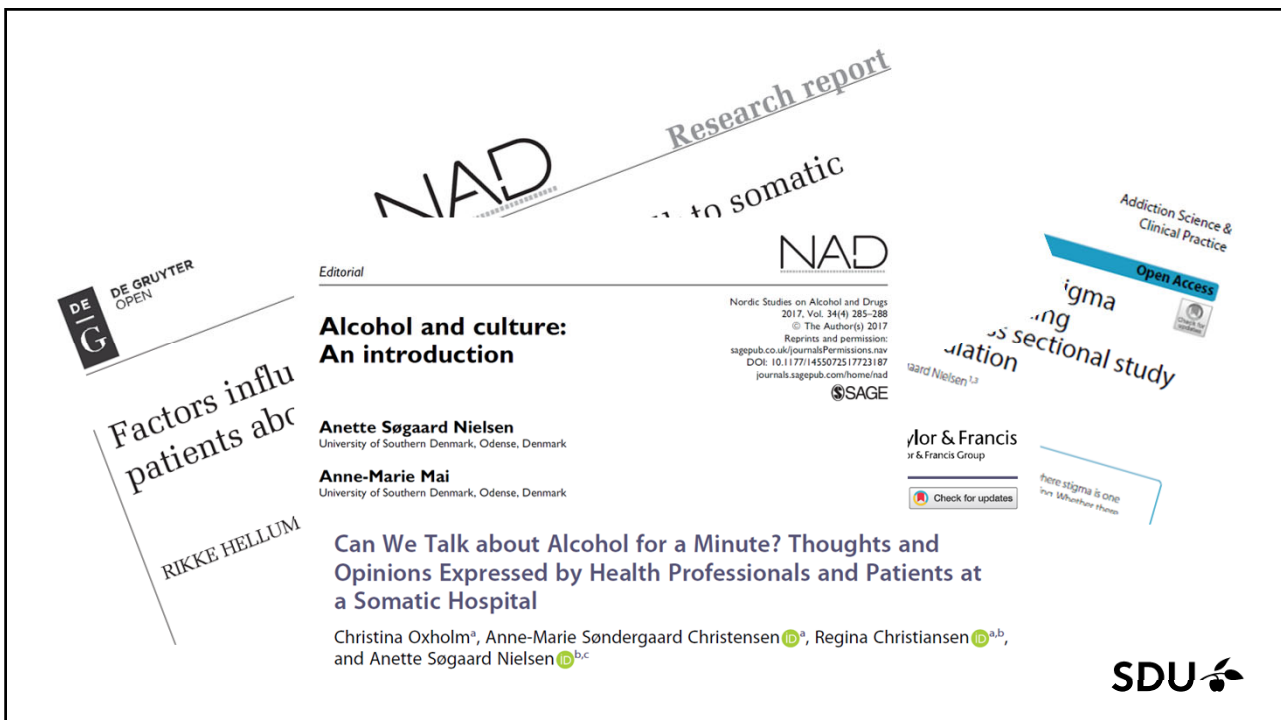
Barrierer for at tale om alkohol

Temadag om Sundhedsfremme hos kræftpatienter:
fra forskning til handling

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NAD *Research report*
... to somatic

NAD
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DE GRUYTER OPEN
Factors influencing patients' alcohol consumption
RIKKE HELLMUM

Editorial
**Alcohol and culture:
An introduction**
Anette Søgaard Nielsen
University of Southern Denmark, Odense, Denmark
Anne-Marie Mai
University of Southern Denmark, Odense, Denmark

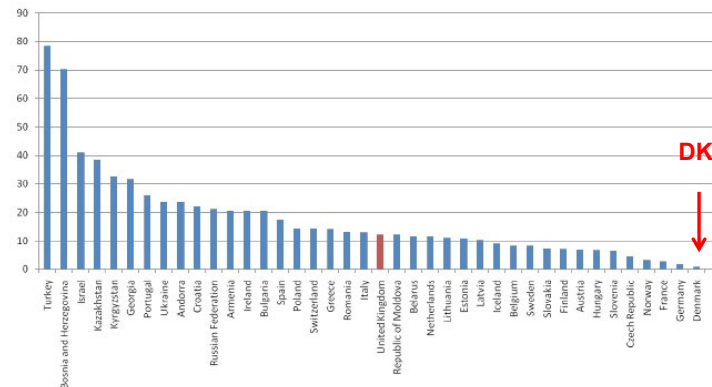
Can We Talk about Alcohol for a Minute? Thoughts and Opinions Expressed by Health Professionals and Patients at a Somatic Hospital
Christina Oxholm^a, Anne-Marie Søndergaard Christensen^b, Regina Christiansen^{b,a,b}, and Anette Søgaard Nielsen^{b,c}

Addiction Science & Clinical Practice
Stigma in the somatic hospital: a cross-sectional study
Søgaard Nielsen^{1,2}
Taylor & Francis
Taylor & Francis Group
Check for updates
there stigma is one
but without them

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Proportion of lifetime abstainers from alcohol in Europe by country



WHO: Global status report on alcohol 2011

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Alkohols symbolske betydning

Alkohol markerer særlige begivenheder



Alkohol markerer fælleskaber/venskaber



Elmeland, 2015

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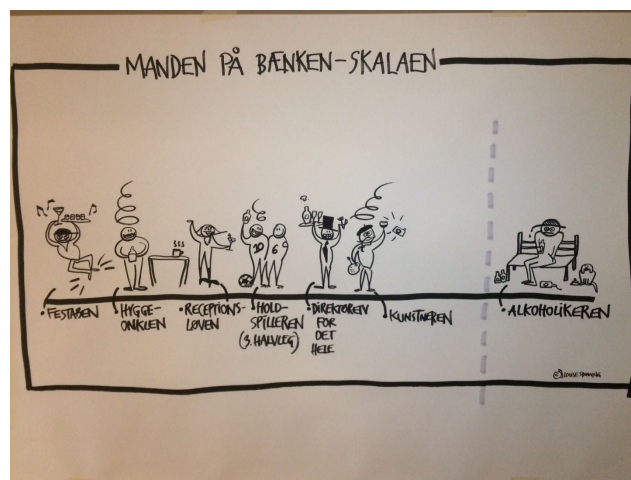
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Danskernes alkoholvaner – hvordan står det til?

Nyeste estimater:

- Ca. 400.000 danskere har tegn på moderate alkoholproblemer
- Ca. 67.000 danskere har tegn på svære alkoholproblemer
- Hver 6. voksne dansker drikker mere end 10 genstande i løbet af en typisk uge

Manden på Bænken-skalaen...



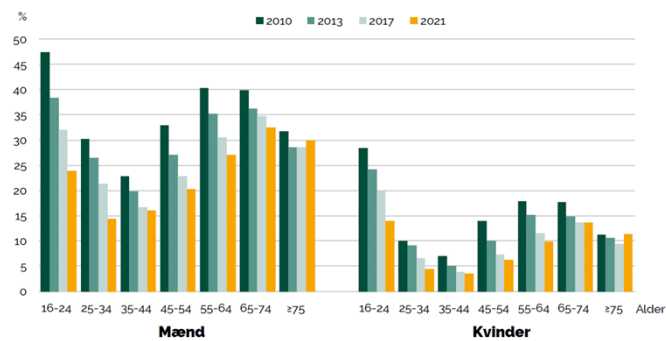
Tegning: Louise Murman Spanning

Hvem er det, der drikker mere end hvad godt er?

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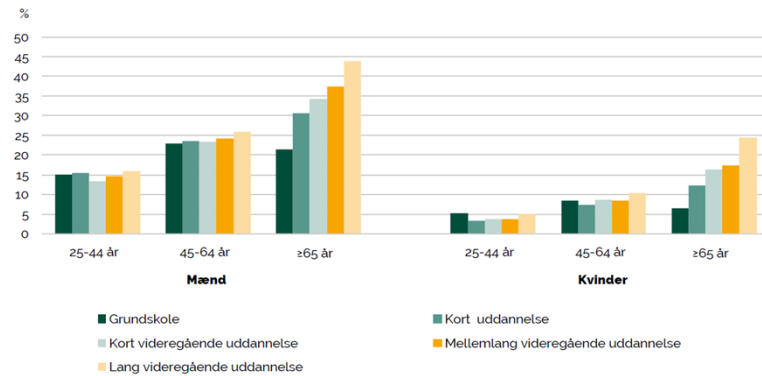
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Figur 3.2.2 Andel, der drikker mere end 10 genstande i løbet af en typisk uge, blandt mænd og kvinder i forskellige aldersgrupper, 2010, 2013, 2017 og 2021. Procent.

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Figur 3.2.1 Andel, der drikker mere end 10 genstande i løbet af en typisk uge, blandt mænd og kvinder (25 år eller derover) i forskellige uddannelses- og aldersgrupper. 2021. Procent.



15-metoden

- Pragmatisk screening
- Ved overforbrug: Foreslå at skære ned med 50%
- Hvis det ikke lykkes, foreslå kort CBT, (4-5 sessioner á 15 minutter) og/eller medicin.
- Hvis det ikke lykkes, henvis til specialiseret behandling.

Kan 15-metoden "oversættes" til Kræftområdet?

Article

Treatment for Alcohol Dependence in Primary Care Compared to Outpatient Specialist Treatment—A Randomized Controlled Trial

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Abstract

Aim: To investigate if treatment for alcohol dependence in primary care is as effective as specialist addiction care.

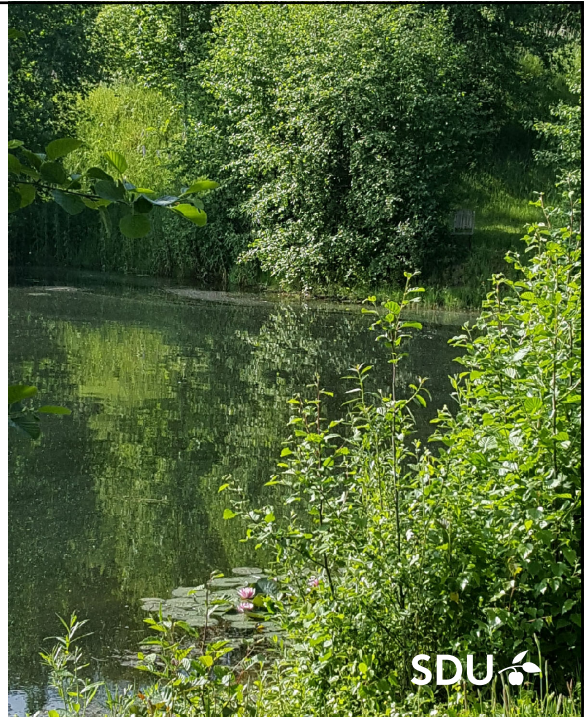
Method: Randomized controlled non-inferiority trial, between groups parallel design, not blinded. The non-inferiority limit was set to 50 grams of alcohol per week. About 288 adults fulfilling ICD-10 criteria for alcohol dependence were randomized to treatment in primary care (men $n = 82$, women $n = 62$) or specialist care (men $n = 77$, women $n = 67$). General practitioners at 12 primary care centers received 1-day training in a treatment manual for alcohol dependence. Primary outcome was change in weekly alcohol consumption at 6 months follow-up compared with baseline, as measured with timeline follow back. Secondary outcomes were heavy drinking days, severity of dependence, consequences of drinking, psychological health, quality of life, satisfaction with treatment and biomarkers.

Results: Intention-to-treat analysis ($n = 228$) was statistically inconclusive, and could not confirm non-inferiority for the primary outcome, since the high end of the confidence interval exceeded 50 grams (estimated mean weekly alcohol consumption was 30 grams higher in primary care compared with specialist care; 95% confidence interval -10.20; 69.72). However, treatment in specialist care was not significantly superior to primary care ($P = 0.146$). Subanalysis showed that specialist care was superior to primary care only for patients with high severity of dependence.

Conclusions: Treatment for alcohol dependence in primary care is a promising approach, especially for patients with low to moderate severity of dependence. This study has strengths and limitations.

Tips til samtalen om alkohol:

- Hvad ved du om sammenhængen mellem alkohol og ...?
- Hvad gør du allerede for at undgå at dit forbrug løber løbsk?
- Hvad kan du gøre mere af?



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