

# An Evidence Review on Effective Interventions and Approaches in the Delivery of Integrated Alcohol Services in Community Settings

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## 1

### BACKGROUND

There has been a rise in alcohol use worldwide with increases in defined levels of harmful and binge drinking recorded across Ireland.

The role of integrated community care has been identified by the World Health Organisation (WHO) with Sláinte Care policy in Ireland prioritising community care.

## 2

### AIM

This review aims to provide an evidence review on effective interventions and approaches in the delivery of integrated alcohol services in community settings.

The process and reporting of the systematic approach and narrative synthesis were based on the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) 2020 statement, to ensure rigour and credibility in the literature review process (Page et al., 2021).

## 3

### METHODOLOGY

A literature review, with a systematic approach, was used to synthesise the evidence

- Time: articles published from 2010-2021
- Inclusion/exclusion criteria were identified by the Steering Committee comprising the research team and funder
- The study was not restricted to either qualitative or quantitative studies, however, opinion articles and reviews were excluded.

The following databases were searched: EMBASE, Medline, CINAHL, ASSIA, Web of Science, GIM

Four main concepts (with relevant keywords) were agreed prior to the Search:

- Integration, Implementation, Delivery
- Alcohol Treatments/Services
- Setting
- Alcoholism

The data extraction process was conducted using EndNote X9 and COVIDENCE to keep track of the eligible references. Data were extracted from the eligible studies using an Excel Template for extraction.

## 4 FINDINGS

### KEY THEMES

- Brief Interventions were more effective when delivered by a nurse practitioner
- Harm Reduction Programmes were deemed to be effective in achieving harm reduction goals
- Successful implementation of any programme is dependent on adequate staff training, having a team approach, and the use of up-to-date and useable electronic health records
- Integrated care is important, and highlighted the importance of housing for better clinical outcomes, social integration, and a significant harm reduction strategy
- The effectiveness of technology was mixed, with little evidence to support its effectiveness
- Various therapies were investigated within this review with mixed effectiveness and significant limitations in design and protocol adherence in some studies. Integrated Cognitive Behaviour Therapy, group psychotherapy, and alcohol outcome expectancies were some possible approaches to consider

### RECOMMENDATIONS ON DELIVERY OF INTEGRATED ALCOHOL SERVICES

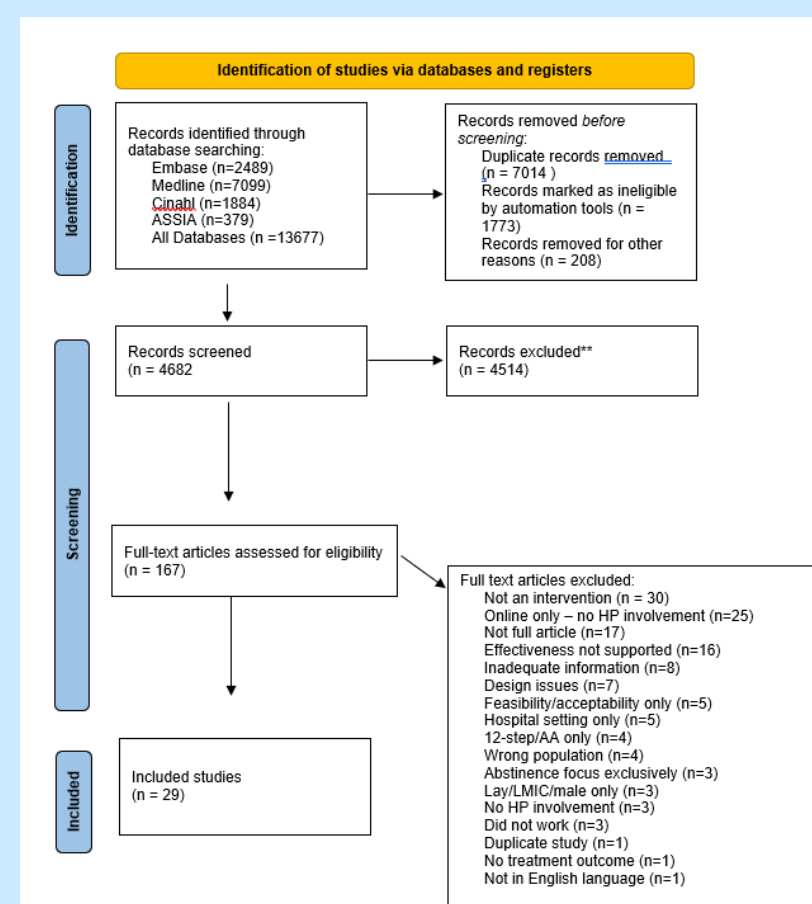
- Outline the psychosocial and therapeutic interventions and approaches that could be delivered by community-based integrated alcohol services
- Outline an appropriate medical service in the community for people with alcohol dependency, where medical interventions such as detoxification could occur
- Outline how integrated care pathways can best be developed between primary care, acute, addiction, community, and voluntary services
- Outline strategies for effectively engaging people in services
- Propose a set of shared outcome measures for data collection and evaluation of integrated alcohol services. The measures should be brief, appropriate for use across addiction, primary care, and acute settings, non-proprietary, and feasible to use in practice
- Propose support required for services to deliver on these recommendations
- Prior to any scale-up or scale-out of any piloted services, a full evaluation be conducted to ensure that any successful model can be transferred and that service readiness for change is assessed

## 5

### CONCLUSION

Based on the details within these findings, recommendations included suggestions for staff and team composition, priorities for training that contribute towards addressing stigma and inclusivity, developing leadership capacity for sustainability, and suggestions for potential pilot interventions including timing and duration of interventions.

Finally, the outline design and listing of potential instruments for monitoring and evaluation were provided. Clearly, one literature review cannot provide the answers to all challenges encountered by the design team of a new alcohol community service, but it is our wish that this review provides a first and firm evidence-based foundation upon which the design team can build.



## REFERENCES

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