

# Screening, Brief Intervention, and Referral - a Digital Guidance on Alcohol and Health Tool

Category: Oral Presentation

## Abstract Body

With the advent of the Canadian Centre on Substance Use and Addiction's (CCSA) updated 2023 Guidance on Alcohol and Health, the impact of alcohol on the health of Canadians is becoming increasingly salient in the minds of the general public. Many people are beginning to understand that unhealthy alcohol use does not always mean a substance use disorder. In 2023 the CCSA presented their case for updated guidance on alcohol use, including epidemiologic evidence suggesting a causal relationship between alcohol consumption that does not meet the criteria of addiction and many types of cancer, as well as higher mortality for a broad number of health issues. Current data indicates alcohol consumption that does not meet the criteria of addiction is associated with increased risk, indicating reduced consumption is an effective prevention measure. Research shows primary care providers are key to increasing screening, prevention, and early intervention. The Manitoba Shared Health Screening, Brief Intervention, & Referral (SBIR) Tool is a digital tool that screens for alcohol issues at a point before they are typically recognized. The SBIR Tool is a proactive and evidence-based approach, and the first of its kind to be based on Canada's updated 2023 Guidance on Alcohol and Health. Part of an increasing shift towards creating tools appropriate for virtual care, this new initiative has potential for both in-person and remote primary care application. In this presentation, attendees will be presented with the updated SBIR algorithm developed in partnership with CCSA, learn the case for using SBIR in primary care, and hear learnings from the 2022-2023 SBIR pilot sites in Manitoba. Attendees will also receive a practical plan for rolling out similar digital SBIR tools in their in-person and virtual care systems as well as recommendations for brief intervention and care pathways.

## Key Words

- Alcohol
- Assessment/screening
- Behavioural Interventions
- Primary Care

## Learning Objective # 1

Appreciate the impact of early intervention for moderate to high risk alcohol use in a primary care setting

## Learning Objective # 2

Understand how the updated 2023 Guidance on Alcohol and Health can be used to implement a digital LRDG-based SBIR tool within primary care

Reference # 1

Paradis, C., Butt, P., Shield, K., Poole, N., Wells, S., Naimi, T., Sherk, A., & the Low-Risk Alcohol Drinking Guidelines Scientific Expert Panels. (2023). Canada's Guidance on Alcohol and Health: Final Report. Ottawa, Ont.: Canadian Centre on Substance Use and Addiction. [https://ccsa.ca/sites/default/files/2023-01/CCSA\\_Canadas\\_Guidance\\_on\\_Alcohol\\_and\\_Health\\_Final\\_Report\\_en.pdf](https://ccsa.ca/sites/default/files/2023-01/CCSA_Canadas_Guidance_on_Alcohol_and_Health_Final_Report_en.pdf)

Reference # 2

Ghosh, A., Singh, P., Das, N., Pandit, P. M., Das, S., & Sarkar, S. (2022). Efficacy of brief intervention for harmful and hazardous alcohol use: a systematic review and meta-analysis of studies from low middle-income countries. *Addiction*, 117(3), 545-558.

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