Abstract

Considering serious health, social and subsequently economic impacts which are rising due to the heavy alcohol consumption in the Czech Republic and the whole of Europe, the WHO proposed scientifically based tools, the aim of which is to minimize damage caused by alcohol. Health service is, therefore, highly recommended to establish Screening and brief interventions (SBI).

The SBI method belongs to behavioural and cognitive-behavioural therapies. The goal is to identify people with risk or harmful alcohol consumption, to stop its usage, to diminish risks and get a motivation to seek specialized assistance.

The majority of recommendations to establish SBI for risk and harmful drinking are especially aimed at primary care, mostly at doctors. Nurses with their broad competence in a lot of medical fields are left behind even though their activity including direct contact with patients involves analysing the levels of risk factors which alcohol is a part of.

The purpose of the study is to clarify under which circumstances it is possible to effectively apply the SBI methodology into nursing practice in a selected Czech district, to describe the current engagement and extent of nurses’ motivation to deal with alcohol prevention, to look for possibilities of SBI integration into real nursing practice and to identify problems which could prevent it from doing so.

Descriptive data of the current state of nursing were acquired through a questionnaire. A structured interview was used to get a more detailed and deeper research of nurses’ attitude and motivation to apply SBI.

The findings revealed that nurses indentify the amount and frequency of alcohol drinking and consider the problems a part of their profession. However, they have an absolute deficit of information about the new SBI method.

In the end, the possibilities of SBI implementation were found in the nurses themselves, namely in their personal potential. In order to practically implement the SBI it is recommended that the awareness about the method be spread throughout the whole medical spectrum, the established system be respected and the nurses be provided with sufficient supportive work environment and professional guidance.

Key words: alcohol, brief interventions, risk drinking, screening, nurse