

# Novel Program Development and Cross-Disciplinary Collaboration Including the Poison Center in Targeting Collegiate Alcohol Misuse

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## Background

- Underage (less than 21 years of age) consumption of alcoholic beverages and binge drinking are commonplace on United States (U.S.) university campuses.
- BASICS (Brief Alcohol Screening and Intervention for College Students) is a confidential, evidence-based program that consists of an online survey followed by a motivational interview with a trained facilitator.
- There are multiple studies that have demonstrated the efficacy of BASICS in reducing alcohol consumption and alcohol-related consequences in college students.

## Methods: Logistics

- August 18, 2017 a BASICS referral program was implemented at a university health system's Emergency Department (ED) with an annual volume of 64,000 visits.
- BASICS is based at the university's Student Health Center (SHC), which is not affiliated with the health system.
- The university poison center was utilized as a confidential source to allow for referral placement and student tracking.
- There are U.S. privacy laws specific to the SHC (Family Educational Rights and Privacy Act) and the ED (Health Insurance Portability and Accountability Act).
- To abide by these laws and allow for confidential reporting, BASICS was administered under the direction of faculty from the university health system.

## Methods: Practical

- Patients presenting to the ED who were identified as students and were given an alcohol-related diagnosis as contributing to their presentation were given a flier and "prescription" referring them to BASICS.
- The Poison Center was notified and tracked each case



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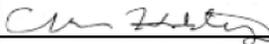
Name \_\_\_\_\_ Date \_\_\_\_\_

**R<sub>x</sub>** **BASICS Program**

This is a prescription for you to register online for UVA's BASICS program within the next two weeks. UVA offers the BASICS program to students as a way to assess personal risk, explore potential changes, and help reduce the risk for future problems associated with alcohol use. The program is free, one-on-one, and confidential.

To register for BASICS, visit [www.virginia.edu/basicsprogram](http://www.virginia.edu/basicsprogram)

Email the Elson Student Health Center at [basics@virginia.edu](mailto:basics@virginia.edu) for more information.

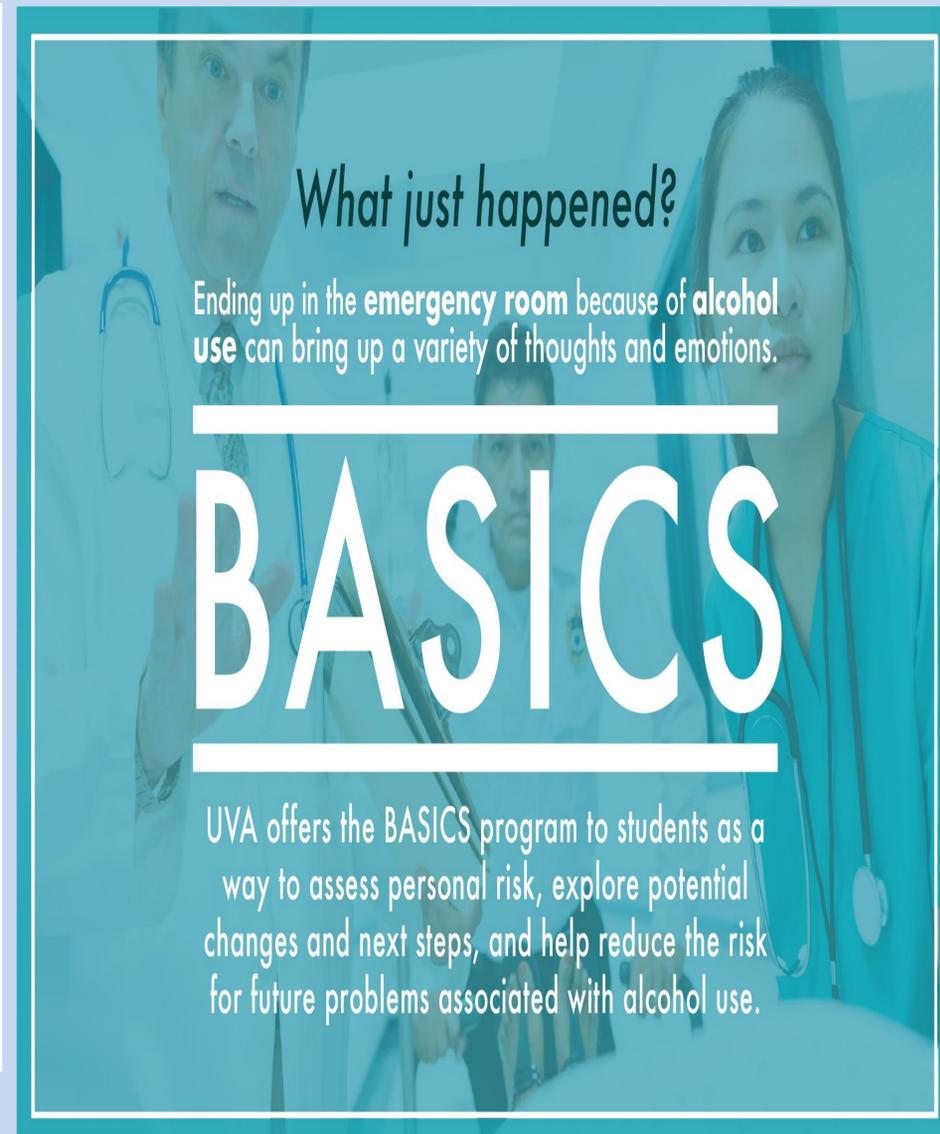
  
Emergency Medicine

## Results

- Between August 18, 2017 and March 31, 2018, a total of 169 referrals were placed.
- 40.2% were males and 59.8% were females.
- The majority of cases presented on Saturdays (44.3%) or Fridays (21.3%).

Table 1. Participant Age

| Age (years) | Percent |
|-------------|---------|
| 17          | 1.7     |
| 18          | 40.2    |
| 19          | 22.4    |
| 20          | 17.7    |
| 21          | 11.8    |
| other       | 6.2     |



## Discussion/Conclusions

- This program demonstrated the feasibility and logistics involved in the implementation of a multidisciplinary collaboration to assure appropriate follow-up from a university based ED for students presenting for alcohol intoxication.
- Prior to this initiative, there was no consistent referral mechanism for student follow-up after presenting intoxicated.
- This multidisciplinary initiative is compliant with all U.S. Federal privacy laws and assures student confidentiality.
- Future directions include expanding the program and assuring student follow-up with BASICS providers.