

Alcohol Use Intervention Manual



YOU ARE NOT ALONE

WE CAN HELP YOU

Department of Social and Behavioural Research

National Institute for Research in Tuberculosis
(Indian Council of Medical Research)

No.1, Sathyamoorthy road,
Chetpet, Chennai-600031
Tamil Nadu, India
Email: nirt@icmr.org.in
www.nirt.res.in
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Preface

Tuberculosis (TB) remains a major global public health problem. India has more new TB cases annually than any other country. In 2011, out of the estimated global annual incidence of 9 million TB cases, 2.3 million were estimated to have occurred in India. Under the Revised National TB Control Programme (RNTCP), diagnosis and treatment facilities including a supply of anti TB drugs are provided free of cost to all TB patients. Drugs are provided under direct observation and the patients are monitored to facilitate complete treatment. Despite of all this, it has long been evident that excessive alcohol intake is one of the major risk factors for treatment non-compliance and mortality. Detecting alcohol use disorder, specifically alcohol abuse and dependence, provides a critical opportunity for early intervention efforts to reduce adverse impacts of alcohol consumption and promote adherence for TB treatment. Strategies involving alcohol intervention needs to be integrated into the TB control programme.

This intervention manual is intended to guide health professionals on alcohol intervention strategies for tuberculosis patients on Directly Observed Treatment Short course (DOTS) who consume alcohol excessively referred to as Alcohol Use Disorder (AUD). It has been found that those who have AUD are non compliance for TB treatment and require help to cope with this problem coupled with the need for TB treatment regularly. This is an individual intervention manual and need to be used on a one on one basis.

The content of the manual has been designed through community based approach which took into account the inputs from TB patients with AUD, families and health providers.

Dr. Beena E Thomas
Scientist 'C'

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2. State TB Officer
3. City Health Officer, Chennai
4. District TB Officer
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6. Public health providers like Medical Officers, Senior Treatment Supervisor, Senior Tuberculosis Laboratory Supervisor, Health Visitors, Lab technician and Health Nurses
7. TB patients and their family members
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Abbreviations

TB	Tuberculosis
RNTCP	Revised National Tuberculosis Control Programme
DOTS	Directly Observed Treatment Short course
CAT	Category
IP	Intensive Phase
CP	Continuation Phase
MDR	Multi Drug Resistant
XDR	Extensively Drug Resistant
HIV	Human Immuno Deficiency virus

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Session 1

Introduction, TB and alcohol

- 1.1 Rapport building
- 1.2 Intervention overview
- 1.3 Information on TB
- 1.4 Information on alcohol consumption
- 1.5 Wrap-up



Fighting Against Tuberculosis

Note: *Text in italics is not read aloud*

1.1 Rapport building

Begin the intervention with an ice breaker activity in order to put the patient at ease and build rapport. Make sure to remind them about confidentiality.

The reason we are here is to discuss about the ways for better treatment adherence.

1.2 Intervention overview

Each session must be conducted according to the schedule (as depicted below).

Category 1

Session 1	Session 2	Session 3	Session 4
At the time of treatment initiation	2 nd month (End of intensive phase)	4 th month	6 th month (End of Continuation phase)

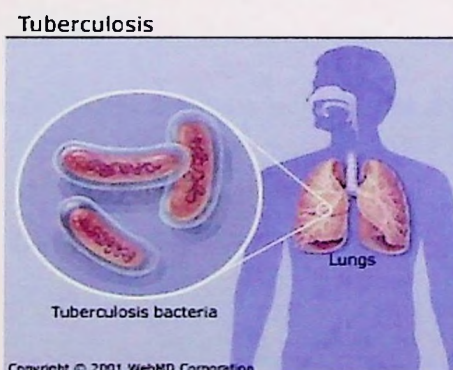
Category 2

Session 1	Session 2	Session 3	Session 4
At the time of treatment initiation	2 ½ month	5 th month	8 th month (End of Continuation phase)

Encourage the patient to give their views on each heading (in bold letters)

1.3 Information on TB

- Tuberculosis (TB) is an infectious disease caused by Bacterium, *Mycobacterium tuberculosis*.
- It is spread through the air by a person afflicted with TB.
- TB most commonly affects the lungs, but can also affect almost any other organ in the body.
- India is the highest TB burden country with 2.2 million TB cases
- There are about 1,600 new cases of TB every year



It is important to emphasize that TB can be cured, to lessen their worry

- TB is completely curable if diagnosed early and treated.
- If the disease becomes more severe and very difficult to cure & more drugs should be taken for a longer duration.

Spread of TB

When an infected person coughs or sneezes, TB bacteria are released into the air in tiny droplets. Other people may breathe in these droplets. Those with low immunity may acquire the disease.



Diagnosis

Checking your sputum is the best way to find out if you have TB. Samples of sputum (phlegm) coughed up from the lungs can be tested for the bacteria that cause TB.

For this test, you have to provide

- **Home sputum** - collect sputum from a deep cough first thing in the morning and bring it to the hospital
- **Spot sputum** – visit a hospital and they will collect a sputum sample at the time of investigation



Sputum smear testing is repeated after two months (end of IP) to check progress, and again at the end of treatment (end of CP)

TB treatment method



- Treatment for TB lasts 6-8 months
- There are two stages or phases in the treatment of TB disease
 - Initial phase (first two months)** - 3-4 combination of drugs should be taken regularly as per instructions in the presence of healthcare providers to try to kill as many TB germs as possible
 - Continuation phase**- some of the medications are stopped and others are continued to try and kill the remaining TB germs in your body

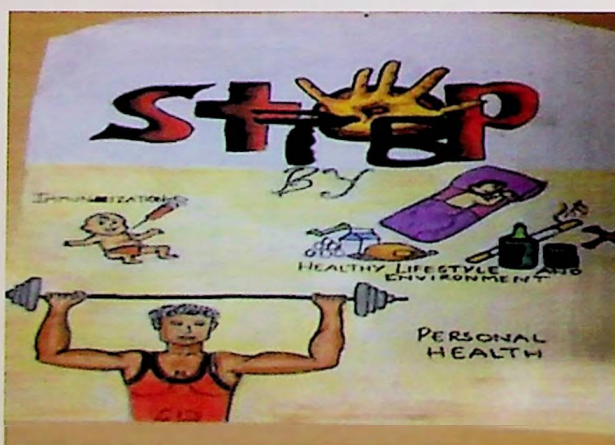
- Patients should complete the course of treatment. Patients who stop taking the medicines without completing the course are at the risk of developing complications
- If you have already taken treatment for TB, please inform your healthcare provider immediately as your treatment is based on this information
- Incomplete or irregular treatment results in drug resistant TB (MDR-TB, XDR-TB). Drugs for TB should be taken regularly as per instructions. DOTS ensure effective treatment



**DOTS means Directly
Observed Treatment
Short-course**

- For this treatment plan, patients are given anti- TB medicines which you need to swallow in the presence of healthcare providers/community DOT providers.
- DOTS reduces risk to the community by ensuring that TB positive individuals are cured and preventing the spread of TB

Preventing the spread of TB



- Medicines should be taken regularly and doses should not be missed
- Avoid spitting anywhere and everywhere
- Patients should be taught to dispose sputum hygienically
- Patients should cover their mouths while coughing
- To take care of themselves, to eat well and get a lot of sleep.
- To abstain from alcohol and refrain from smoking

Ways to protect your family members

- Regularly take TB treatment
- Cover your mouth while coughing
- Avoid indiscriminate spitting
- Bring family members to screen for TB, including children aged 6 years or below



1.4 Information on alcohol consumption

Brainstorm about the causes of smoking and Alcohol consumption

- It is better to quit smoking as smoking affects the lungs and reduces the immunity level
- Researchers found out that alcohol is one of the reasons for default in treatment.
- Hence, there is a need to understand the causes of alcohol consumption and its effect on TB treatment

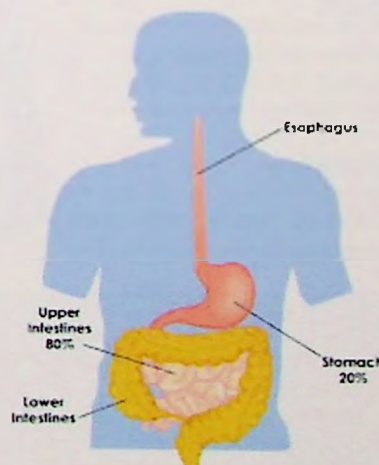


What happens in your body when you drink?

The alcohol in your drink is absorbed into your body through the stomach and distributed via the bloodstream throughout the body and reaches the brain and alters its function

Need to stop drinking alcohol

Most of the alcohol a person drinks is metabolised (broken down) by the liver. It can break down about **30 ml of brandy** an hour. Because the liver is the main organ breaking down alcohol, it's also one of the first parts of the body to be harmed by heavy drinking.



What are some of the problems you have experienced (or you have seen anyone experienced) due to alcohol intake

In short term-drinking too much can lead to a range of issues like weight gain, skin problems, memory loss and depression

Over the long term- it can also cause more severe health problems such as increased risk of high blood pressure, chronic liver disease and breast cancer

Brain

Headaches, Blackouts, Delusions, Paranoia, Forgetfulness, Impaired Judgement, Decline in IQ, Dementia, Epileptic fits, Wernickes disease (due to vitamin deficiency), Haemorrhage, Peripheral neuritis, Korsakoff's psychosis & Death

Nervous System

Peripheral neuritis - degeneration of the nervous system supplying limbs

Throat

Pressure on portal circulation- risk of haemorrhage. Increased incidence of cancer - 40x if smoker

Gullet

Corrosive effect - risk of cancer

Muscles

Degeneration, weakness, pain

Heart

Weak & "fatty" heart, weakening of heart muscles, high blood pressure. Anaemias due to decreased absorption of vitamins.

Lungs

A small amount of alcohol escapes unused via breath 2-4%

Liver

Fatty cells, tissue scarring, jaundice, hepatitis, irreversible cirrhosis - the liver breaks down 90% of alcohol consumed

Kidneys

A small amount of alcohol escapes unused via urine 2-4%

Pancreas

Bad digestion, malnutrition, early diabetes

Stomach

Gastritis, peptic ulcer (direct corrosive effect)

Fingers

Pins & needles

Sweat Glands

A small amount of alcohol escapes unused via sweat glands 2-6%

Intestines

Inflammation (corrosion from alcohol)

Sex Organs**Male**

Depressed testicular production, impotence, breast growth due to female hormones not broken down by liver

Nervous System

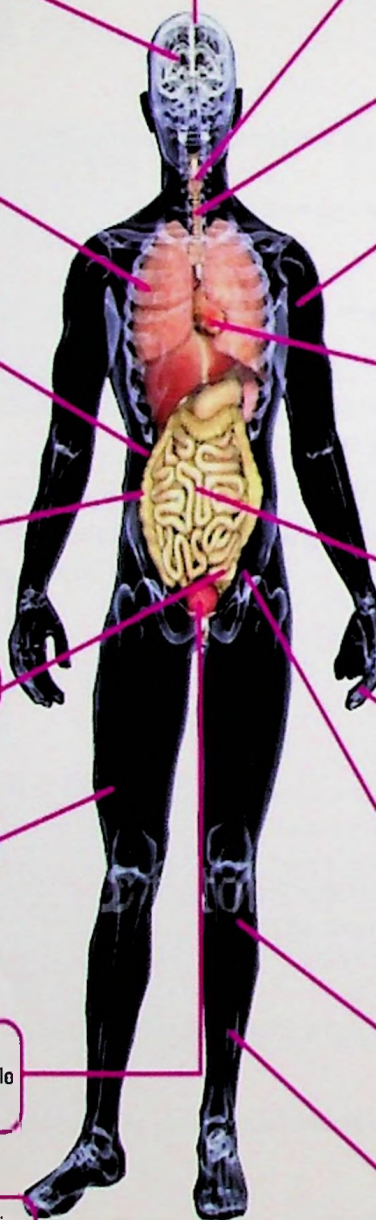
Malfunctions, skakiness, tremors

Female

Failure to ovulate, spontaneous abortion

Bones

Degeneration - risk of fracture



Health related problems

- Long-term excessive drinking can also lead to cirrhosis and liver cancer.
- Drinking very large amount affects the functioning of brain which impairs mental skills and alcohol related psychosis
- Ulcer and cancer in stomach, mouth and throat, weakness of immune system, suffering from cough and cold, illusion, aged appearance
- Inflammation and dysfunction of liver, indigestion due to loss of appetite, jaundice
- Tremor, numbness, irritation in hands and feet
- Impotence, less interest in sexual intercourse
- Knee pain, fracture and accident due to imbalance in gait pattern
- Decreased muscle strength, anaemia, thrombosis (blood clotting)
- Deterioration of meta cognitive skills, loss of memory, addiction towards alcohol, insomnia, nightmares
- Inflammation of heart, weakness of muscles, decreased blood flow, gastritis, stomach ulcer, indigestion
- Pancreatic inflammation associated with pain, dysfunction of pancreas and diabetes

1.5 Wrap-up

Did you feel the session was useful? Discuss in detail

Feedback from patient: *Write down the responses*

What have you decided? What will be your choice?

Want to get out of the habit

Or

Become a victim to the habit and spoil your health



Scheduling and next steps

Inform that the next session will be on

We will discuss about TB treatment in next session. (*Complete scheduling form*)

Session 2

Facts about Alcohol and its effects on TB treatment

- 2.1 Recap of previous session
- 2.2 Facts about alcohol
- 2.3 Alcohol effects on TB treatment
- 2.4 Wrap up



Note: *Text in italics is not read aloud*

2.1 Recap of previous session

Encourage the respondent to give their views on each theme (in bold letters)

- The consequences of drinking
- What happens in our body after consuming alcohol ?
- What happens when you drink more?

-Health problems

The more heavily you drink, the greater the potential for problems at home, at work, with friends, and even with strangers. These problems may include:

- **Impact on community**



- Quarrels, theft, murder, cultural degradation, disintegrated families, psychosocial issues, suicide and death in younger age, barrier for the overall development of the society, committing or being the victim of violence.

- **Economical problems**

Drop in income due to irregular to work, borrowing money for high interest rates and falling into debt trap

- **Effect on Family**

Arguments with or estrangement from your spouse and other family members, suspicion, Inability to take care of children and provide education , failure to be a good role models, inability to command and get respect from others(loss of social esteem), anxiety and depression



- **Issues related to work**

Conflicts with colleagues due to illness,

Loss of job due to absence from or being late to work, and decreased productivity

Ridicule and disrespect by colleagues

2.2 Facts about alcohol

- It doesn't give solution to your problems on the contrary it results to more problems
- Alcohol has no nutritional value and gives a false sense of energy on the contrary it affects your appetite and lowers the level of vitamins in your body
- It does not increase your intelligence and work performance
- You lose respect in the society

People who should completely abstain from drinking:

- Youngsters below 21 years (legal age limit)
- Those on medications or with other medical problems like liver problems should not drink even small quantities of alcohol
- Pregnant women
- Prior history or current serious psychiatric problems



What will happen even if you drink less?

Before we get started, let's talk about the need to stop drinking alcohol.

Even if less intake of alcohol creates/causes the following

- Impairs the function of brain
- Increased risk of accidents while driving, swimming and operating machines
- Risk of getting HIV due to unprotected sex

Brands / Types of Alcohol

Units of alcohol are a measure of the volume of pure alcohol in an alcoholic beverage
Alcoholic content will be less or more in some of the drinks

30 ml – 1 unit
60 ml – 2 units
¼ bottle- 6 units



Calculation of units

Brandy, whisky, rum and gin- high alcohol content

60 ml – 2 units
¼ bottle- 6 units

Beer - low alcohol content

1 bottle- 650 ml- 2 units

Calculate the number of units of alcohol consumed per week

The number of units is calculated by the type, quantity and frequency of alcohol consumption
(How much, How long and Type of alcohol)

Assess drinking pattern in last week

Per week	Type	How much	In units

Depending on the unit level consumed per week, inform them accordingly

Units per week	Strategies
Not at all drinking:	<ul style="list-style-type: none"> • Appreciate and encourage them for not drinking
1- 7 units	<ul style="list-style-type: none"> • Right now not much effect • Still motivate them to cut down the alcohol intake • Better not to drink more than 3 units per day and more than 7 units per week
More than 7 units	<ul style="list-style-type: none"> • Please minimize your drinking • Heavy drinking leads to physical or psychological harm

What can you do to minimize drinking?

Every drink adds up and over time it can have a severe/serious impact on your health and wellbeing than you realize. By making small changes to the way you drink you can make a big difference. Not just the way you feel now, but to your long-term health.

That's why it's important to stick to the sensible drinking guidelines.





By following these steps/strategies you can minimize your drinking.

1

Identify the triggers:

- Is there any benefit?

.....

- Situation, place

.....

-

.....

-

.....

2

Assess drinking pattern

- Calculate the units (alcohol content)

-Per day

.....

-Per week.....

.....

- Where your dinking pattern comes in

.....

3

Brainstorm the ways to minimize drinking

- Eat food before drinking

.....

.....

.....

.....

-

Following table can be shown once they complete the above exercise

Tackling the problem of heavy drinking

Once they know the facts, many people can quite easily revert back to sensible drinking if they are drinking above the safe limits. If you are trying to cut down, some tips which may help include:

- Eat before you start drinking
- Consider drinking low-alcohol beers, or at least do not drink strong beers or lagers.
- Try pacing the rate of drinking. Perhaps alternate soft drinks with alcoholic drinks.
- It may be worth reviewing your entire social routine. For example, consider:
 - Cutting back on types of social activity which involve drinking.
 - Trying different social activities where drinking is not involved.
 - Reducing the number of days in the week where you go out to drink.
 - Going out to the pub or club later in the evening.
- Try to resist any pressure from people who may encourage you to drink more than you really want to.

From this it's very important to know

"You can live happily and peacefully with out drinking"



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Here are some of the questions that can be asked to realize to cut down their drinking

- You are not going to achieve anything
- Is it necessary to drink?
- Monitor the level of drinking
- Calculate the units of alcohol consumed per week
- Do contact if you need help

2.3 Alcohol effects on TB treatment

- The reason why we ask you not to drink alcohol while you are taking TB medication is to avoid increasing drug side effects and toxicity, because both can affect the liver and is likely to cause rifampicin to be less effective.
- Patients may feel better after a few doses of treatment, but treatment should be continued as advised by the doctor
- TB is curable if you take all the TB medicine which are given to you and do not miss any doses, because if you do not take all the TB medicine, or if you stop taking it too early, there is a chance for not getting cured completely or chances of getting TB again; it would be more difficult to treat for a second time.
- High alcohol intake may adversely affect the regularity with which you take your medication. However, it is important to remember that there is a need to minimise/avoid drinking during treatment.
- If you have trouble taking medicine, you should always tell your TB doctor or nurse. They should be able to suggest ways to help, or directly assist you to take your TB drugs
- It's better to show the list of medicine you take (vitamins, herbs, prescriptions, and medicines you can buy without a prescription) when you visit your healthcare provider.

2.4 Wrap-up

Did you feel the session was useful? Discuss in detail

Feedback from patient: *Write down the responses*

Scheduling and next steps

Inform that the next session will be on We will discuss about TB treatment in next session. *(Complete scheduling form)*

Session 3 Tuberculosis



- 3.1 Recap of previous sessions
- 3.2 Treatment adherence
- 3.3 Wrap up

Note: *Text in italics is not read aloud*

Encourage the respondent to give their views on each heading (in bold letters)

3.1 Recap of previous sessions (1 and 2)

- Information on TB
- Spread of TB
- Diagnosis
- Treatment period and method
- Need for sputum test, whether it's given for testing
- Preventive measures for spread of TB to you and family members
- Effects of alcohol
- Calculation of units
- Assessing drinking pattern
- Ways to minimise drinking
- Alcohol effects on TB treatment

We would like to inform you that there is a need to investigate your contacts for TB.
It is better to screen them for TB in your PHC if they have TB symptoms

3.2 Treatment adherence

Following details will provide ideas on patient's treatment adherence

- Have you been regular with your TB medication?
- How many doses did the patient miss?
- Has compensatory dose been taken?
- Reason for late attendance

Encourage the patient to realise the need to continue the treatment by providing following details

What happens when you are irregular with treatment?

- If the patient is defaulted to take drugs, it results in severe complications like MDR and XDR TB
- It worsens the health and leads to death
- As TB is an airborne disease, it may spread to your lovable child and wife.
- Even if you are not able to continue with your treatment from DOTS provider please inform us, so that we can suggest ways to help you to continue treatment. So by continuing the TB treatment for required period, you will be cured from TB completely

Side effects of drug

We would like to know the side effects you have experienced once the treatment started

Write down the experiences and explain them the following

- Side effects like Nausea, Abdominal pain is common. There is nothing to worry as all these will disappear within few days
- There is no damage to health due to consumption of too many drugs
- If there are more side effects please inform us, we will help you

3.3 Wrap-up

Did you feel the session was useful? Discuss in detail

Feedback from patient: *Write down the responses*

Scheduling and next sessions

Inform that the next session will be on _____ (Specify the date).

(Complete scheduling form)

Session 4 Feedback

- 4.1 Review of Patient's progress
- 4.2 Wrap-up



Note: *Text in italics is not read aloud*

We would like to get a feedback on your health progress as well as the intervention sessions

4.1 Review of Patient's progress

1. What do you think about the intervention?
2. What topics should have been covered more in-depth?
3. What topics were covered that you felt did not work for you?

4. How useful were the intervention sessions?

Self analysis

1. Do you think you have become responsible, loving husband/father?

2. Are you contributing to your family?

3. Do you think you are a role model for your children?

Ways adopted to reduce alcohol

1. Reason for respondent's total abstinence/control from alcohol?

2. Health status before and after treatment:



Future implementation

1. What other program components would be helpful for TB patients who consume alcohol
2. What would you suggest about changing/modifying the assessment visits?
3. Any other suggestions



4.2 Wrap-up

Encourage them to complete the treatment and remind them to minimise their drinking habit as alcohol consumption not only interferes the TB treatment but also it has its own effects.

Thank them for the feedback as well as for the time spent during the interventions.

ALWAYS REMEMBER

If you have TB, you are never alone



Drawing competition for school students on commemoration of World TB day 2014 held at National Institute for Research in Tuberculosis - ICMR, Chennai

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