



Florida BRITE Project*

Health Promotion Workbook

Version 1-4-06



- * **BR**ief Intervention and Treatment for Elders. BRITE is funded by the Florida Department of Children and Families, Substance Abuse Program Office, Tallahassee, Florida
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- © Kristen Lawton Barry, Ph.D., Frederic C. Blow, Ph.D., Lawrence Schonfeld, Ph.D. (adapted to include medication misuse), February, 2005

Today's Date ____/____/____

PART 1:
IDENTIFYING FUTURE GOALS

We will start by talking about some of your future goals. By that we mean, how would you like your life to improve and be different in the future? It is often important to think about future goals when thinking about making changes in health habits.

What are some of your goals for the next three months to a year regarding your physical and emotional health?

What are some of your goals for the next three months to one year regarding activities and hobbies?

What are some of your goals for the next three months to a year regarding your relationships and social life?

What are some of your goals in the next three months to a year regarding your financial situation or other parts of your life?

PART 2:
SUMMARY OF HEALTH HABITS

Let's review some of information about your health, behavior, or health habits.

EXERCISE

- Days per week you participated in vigorous activity
- none
 - seldom
 - 1-2 days per week
 - 3-5 days per week
 - 6-7 days per week

- Minutes of exercise per day
- not applicable
 - less than 15 minutes
 - 15-30 minutes
 - more than 30 minutes

NUTRITION

- Weight change in last six months
- no change in weight
 - gained more than 10 pounds
 - lost more than 10 pounds
 - don't know

TOBACCO USE

- Tobacco used in last six months
- no
 - yes If yes, which ones?
 - cigarettes
 - chewing tobacco
 - pipe

- Average cigarettes smoked per day in the last six months
- not applicable
 - 1-9
 - 10-19
 - 20-29
 - 30+

ALCOHOL USE

- Drinking days per week
- 1-2 days per week
 - 3-4 days per week
 - 5-6 days per week
 - 7 days per week
- Drinks per day
- 1-2 drinks
 - 3-4 drinks
 - 5-6 drinks
 - 7 or more
- Binge drinking within last month
(four or more drinks/occasion for women;
four or more drinks/occasion for men)
- none
 - 1-2 binges
 - 3-5 binges
 - 6-7 binges
 - 8 or more
- On days that you do not drink do you feel
anxious, have greater difficulty sleeping
than usual, feel your heart racing, have
heart palpitations, or have the shakes or
hand tremors?
- No
 - Yes

MEDICATION USE - Let's discuss some of the medications you take. What are the Primary prescription medications used currently?

Primary over-the-counter medications you take?

DRUG USE (e.g. marijuana, cocaine, etc)

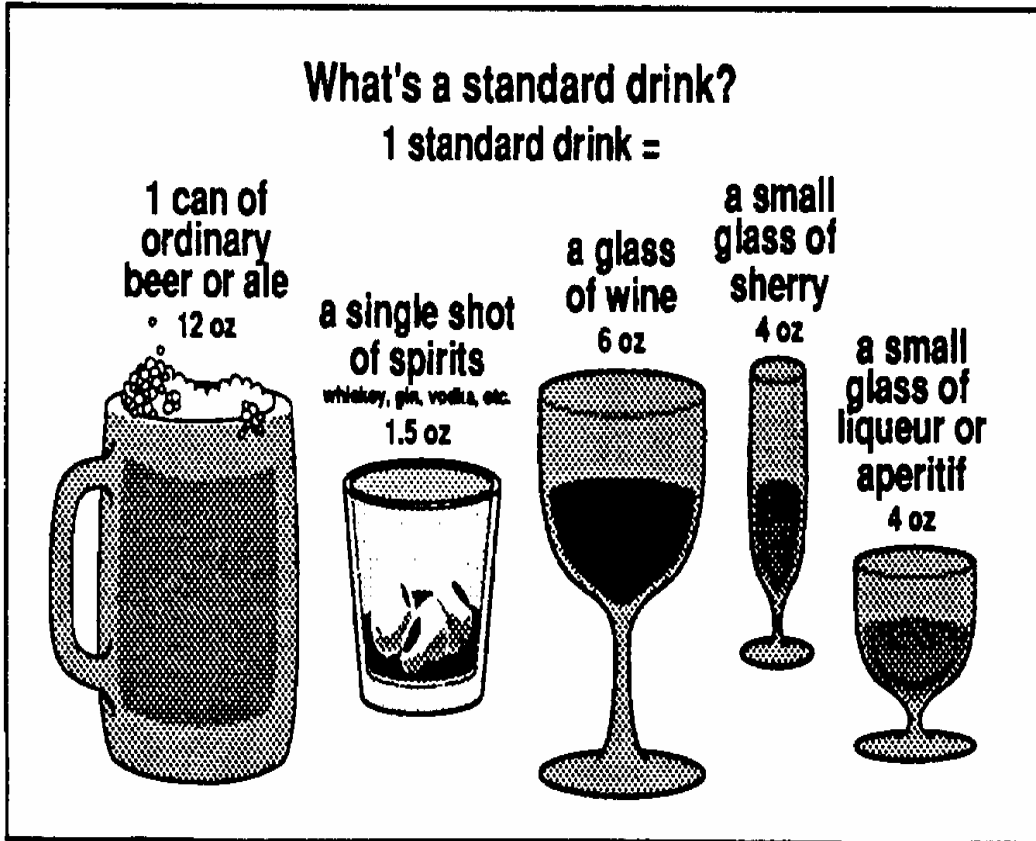
- No
- Yes

Are there any of these health issues (exercise, nutrition, tobacco use, alcohol use, medications, illegal drugs) with which you would like some help?

- No
 - Yes
- If yes, which ones?
- Exercise
 - Nutrition
 - Tobacco use
 - Alcohol
 - Medications
 - Illegal drugs

PART 3:
STANDARD DRINKS

The drinks shown below, in normal measure, contain roughly the same amount of pure alcohol. You can think of each one as a **standard drink**.

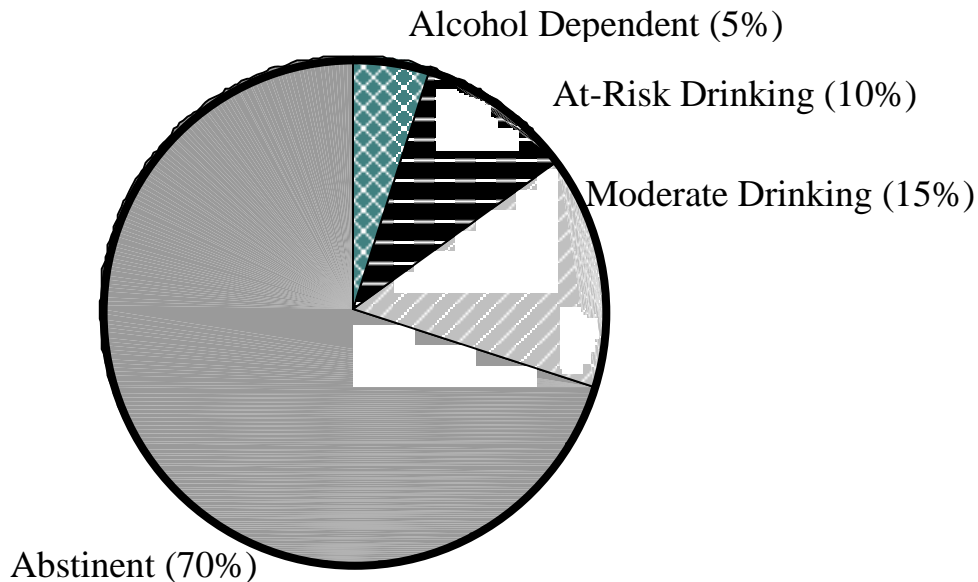


Guidelines: Men under age 60: no more than 2 drinks/day (14 drinks/week); Women under 60: no more than 1 drink/day (7 drinks/week); Men and women age 60+: no more than 1 drink/day

PART 4:
TYPES OF OLDER DRINKERS IN THE U.S. POPULATION

It is helpful to think about the amount of alcohol consumed by older adults in the United States and by you. There are different types of drinkers among the older adult population, and these types can be explained by different patterns of alcohol consumption. These include:

Types	Patterns of alcohol consumption
Abstainers and light drinkers	<ul style="list-style-type: none">• drink no alcohol or less than three drinks per month• alcohol use does not affect health or result in negative consequences
Moderate drinkers	<ul style="list-style-type: none">• drink three or fewer times per week• drink one to two standard drinks per occasion• alcohol use does not affect health or result in negative consequences• at times moderate drinkers consume NO alcohol, such as before driving, while operating machinery, and so on.
At-risk drinkers	<ul style="list-style-type: none">• drink over seven standard drinks per week• at risk for negative health and social consequences
Alcohol Abuse or Dependence	<ul style="list-style-type: none">• heavy drinking has led to a physical need for alcohol and to other problems



PART 5:
INTERACTION OF ALCOHOL, MEDICAL CONDITIONS, AND MEDICATIONS

Some medical conditions can be made worse by the use of alcohol. Do you have any of the following conditions?

- ⇒ High blood pressure
 - ⇒ Stomach problems
 - ⇒ Heart disease
 - ⇒ Cancers
 - ⇒ Diabetes
 - ⇒ Depression
 - ⇒ Anxiety
 - ⇒ Other mental health problem
-

The use of some medications can be a problem if used with alcohol, if directions for use are not understood, or if directions for use are not clear.

Some of the medications to talk about with a physician if using with alcohol:

- ▼ Medications for diabetes
 - ▼ Medications for heart disease
 - ▼ Cancer medications
 - ▼ Antidepressants
 - ▼ Medications for anxiety (e.g. tranquilizers)
-

Some medications to talk about with a physician if using regularly:

- ▼ Sedatives
- ▼ Benzodiazepines

PART 6
CONSEQUENCES OF AT-RISK OR PROBLEM DRINKING

Drinking alcohol can affect your *physical health, emotional and social well being, and relationships.*

The following are some of the positive effects that people sometimes describe as a result of drinking alcohol. Let's place a check mark by the ones that you feel apply to you.

<input type="checkbox"/> Temporary high	<input type="checkbox"/> Relaxation	<input type="checkbox"/> Avoid uncomfortable feelings
<input type="checkbox"/> Forget problems	<input type="checkbox"/> Sense of confidence	<input type="checkbox"/> Ease in speaking one's mind
<input type="checkbox"/> Enjoy the taste	<input type="checkbox"/> Temporary lower stress	
<input type="checkbox"/> Social ease		

The following are some of the *negative consequences* that may result from drinking or problems with medication use. Let's put a check mark by any of these problems that are affecting you regardless of whether you believe they are related to your drinking/medication use.

<input type="checkbox"/> Difficulty coping with stressful situations	<input type="checkbox"/> Sleep problems	<input type="checkbox"/> Accidents/falls
<input type="checkbox"/> Depression	<input type="checkbox"/> Memory problems or confusion	<input type="checkbox"/> Relationship problems
<input type="checkbox"/> Loss of independence	<input type="checkbox"/> Malnutrition	<input type="checkbox"/> Increased risk of assault
<input type="checkbox"/> Problems in community activities	<input type="checkbox"/> Reduced effectiveness of medications	<input type="checkbox"/> Financial problems
<input type="checkbox"/> High blood pressure	<input type="checkbox"/> Increased side effects from medication	<input type="checkbox"/> Stomach pain
<input type="checkbox"/> Sexual performance problems		<input type="checkbox"/> Liver problems

PART 7:
REASONS TO QUIT OR CUT DOWN ON YOUR DRINKING

The purpose of this step is to think about the best reason for you to quit or cut down on your drinking. The reasons will be different for different people.

The following list identifies some of the reasons for which people decide to cut down or quit drinking. Put an X in the box by the three most important reasons that YOU want to quit or cut down on your drinking. Perhaps you can think of other reasons that are not on this list.

- To consume fewer empty calories (alcoholic drinks contain many calories).
- To sleep better.
- To maintain independence.
- To feel better
- To save money.
- To be happier.
- To reduce the possibility that I will be injured in a car crash.
- To have better family relationships.
- To participate more in community activities.
- To have better friendships.
- Other: _____

Write down the three most important reasons you choose to cut down or quit drinking.

1. _____
2. _____
3. _____

Think about the consequences of continuing to drink heavily (or have problems with use of medications, such as tranquilizers). Now think about how your life might improve if you decide to change your drinking/medication misuse by cutting down or quitting (or getting help managing medication use/misuse). What improvements do you anticipate?

- Physical health: _____
- Mental health: _____
- Family: _____
- Other relationships: _____
- Activities: _____

PART 8:
ALCOHOL USE-MEDICATION PLAN

The purpose of this step is to decide on a drinking limit for yourself for a particular period of time. Negotiate with your health care provider so you can both agree on a reasonable goal. A reasonable goal for some people (depending on their medical conditions and medication use) is abstinence-not drinking any alcohol.

If you are using medications that may be affected by alcohol, or if your medications are causing you some problems, please discuss this with your regular physician.

As you develop this plan, please consider the following questions:

- How many standard drinks?
- How frequently?
- For what period of time?
- Is NO use the best alternative?
- What medications are you using? Are you having problems related to your medication use?

<p>DRINKING / MEDICATION PLAN</p> <p>Date _____</p> <hr/> <hr/> <p>Client signature _____</p> <p>Clinician signature _____</p>

DRINKING / MEDICATION (e.g. tranquilizers) DIARY CARD

One way to keep track of how much you drink (or use a specific medication) is the use of diary cards. One card is used for each week. Every day record the number of drinks (pills) you had. At the end of the week add up the total number of drinks (pills) you had during the week.

DIARY CARD

KEEP TRACK OF WHAT YOU DRINK (OR HOW MUCH YOU USE _____ --specific medication) OVER THE NEXT 7 DAYS

STARTING DATE _____

DAY	Beer	Wine	Liquor	Number	Medications
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
				WEEK'S TOTAL=	WEEK'S TOTAL=

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STARTING DATE _____

DAY	Beer	Wine	Liquor	Number	Medications
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
				WEEK'S TOTAL=	WEEK'S TOTAL=

PART 9:
HANDLING RISKY SITUATIONS

Your desire to drink may change according to your mood, the people you are with, and the availability of alcohol. Think about your last periods of drinking.

Here are examples of risky situations. The following list may help you remember situations that can result in at-risk drinking.

◆ social get-togethers	◆ sleeplessness	◆ anger
◆ boredom	◆ family	◆ watching television
◆ tension	◆ friends	◆ other people drinking
◆ feeling lonely	◆ criticism	◆ certain places
◆ feelings of failure	◆ dinner parties	◆ after regular daily activities
◆ frustration	◆ children and grandchildren	◆ weekends
◆ use of tobacco	◆ TV or magazine ads	◆ arguments

What are situations that make you want to drink at a risky level. Please write them down.

1. _____
2. _____

WAYS TO COPE WITH RISKY SITUATIONS

It is important to figure out how you can make sure you will not go over drinking limits when you are tempted. Here are examples:

- √ Telephone a friend
- √ Call on a neighbor
- √ Read a book
- √ Go for a walk
- √ Watch a movie
- √ Participate in an activity you like

Some of these ideas may not work for you, but other methods of dealing with risky situations may work. Identify ways you could cope with the specific risky situations you listed above.

1. For the first risky situation or feeling, write down different ways of coping.

2. For the second risky situation or feeling, write down different ways of coping.

Think about other situations and ways you could cope without using alcohol.

PART 10:
ADDITIONAL INFORMATION FOR PEOPLE TO MANAGE THEIR MEDICATIONS WELL.

(Instructions for Part 10. Review the responses gathered during a "Brown Bag" review of the person's medication. If the review indicated signs that the person needs advice about their medication use/misuse then proceed with Part 10, otherwise if the person appears to be managing their medications, then skip this section.)

MANAGING YOUR MEDICATIONS

Let's talk a little about your medications. As we get older, our doctors tend to prescribe more medications and we also tend to use more "over-the-counter" medications, referring to pills or remedies we can buy without a prescription such as aspirin, cold remedies, vitamins, or herbal products. When we first met, we laid out all these medications and spoke about how much and how often you took each.

I'd like to talk a little about your use of _____ (name one of the medications consumed that was flagged on the Brown Bag review indicating problematic use). Tell me:

How much are you taking each day? _____ (response)

The prescription (or instructions) says something different. Can you tell me why you take a different amount than that? _____ (reason provided).

If you find that sometimes it's hard to remember when to take your medications or keep them straight, you are not alone. It is estimated that 83% of people over the age of 65 take at least one prescription drug and almost one third take eight or more prescription drugs daily. Unfortunately, the more medications we take, the harder it is to remember which to take and when to take them.

Sometimes people tell us that they take medications differently than prescribed. Here are some of the most common reasons that people have told us:

- I have to take extra medications in order to feel better.
- I skip taking my medications from time to time because they make me sick or groggy.
- Sometimes I don't fill a prescription because it's too expensive.
- I take so many medications that it's hard to keep them straight.
- My memory isn't so good and I forget about taking my medications.
- Taking more of these medications helps me sleep.
- I often borrow someone else's medications for my medical problems.

Many people who tell us such things often don't tell their doctor. Imagine that the medication you were taking caused you to feel sick to your stomach. Tell me: What would you do?

_____ (record response).

Let's pretend that I was your physician. Tell me what you would like to report. (Discuss).

When you go to the doctor or when you call the doctor, sometimes you might forget all the problems you've been having with your medications.

It's important to use medications as instructed to really benefit from them. A lot of people are prescribed tranquilizers for anxiety or nervousness. Others may prescribe medication for depression. Taking more of these medications than prescribed may lead to serious side effects such as: drowsiness, dizziness, upset stomach, headaches, blurred vision, changes in your mood, and even confusion and problems with memory.

Have you experienced any of these recently? _____ (response)

These days, doctors seem to be very busy and may not take as much time to discuss all of our ongoing problems during the visit or the exam. You are not alone if you found that you wait an hour or two to see the doctor, then only have a few minutes of time to discuss only one problem. Have you tried to write down all the things you want to tell your doctor and bring that list of items with you when you go for your appointment?

You are also not alone when it comes to taking numerous medications or have side effects from them. As we get older, medications stay in our bloodstream longer. In other words, it takes longer to clear the effects out of your system. You might find that you are much more sensitive to the same amount medication you tolerated well in the past. Pills that you take for pain are tempting to take in larger amounts than recommended, but beware! The side effects can be serious. If you find that to be the case, bring that up to your doctor.

Here are a few things to keep in mind about your medications:

- Always talk to your doctor before you change the dose or the way you take your medications
- If you can't understand the prescription instructions, check with your pharmacist.
- If you are concerned any possible side effects or interactions with other medications, check with your doctor and your pharmacist
- Over-the-counter medications should be taken seriously and with the knowledge of your physician. You should check first to make sure aspirin, Tylenol (acetaminophen), Ibuprofen, cold remedies, and other pills are safe to take for you. Sometimes these pills can interact with your current prescriptions and cause serious side effects.
- If you find you are having problems managing all the medications your doctor has prescribed or recommended, you might need medication organizers, timers, or calendars to help you keep things straight.

- Do not share medications. Just because something worked for one person, doesn't mean it's right for you. You might save some money, but suffer the consequences and side effects. Do not take anyone else's tranquilizers, heart or blood pressure medications, depression medications, diabetes medications, or any other prescription for that matter.
- If you become sick due to a cold or the flu, be aware that decongestant pills, cough medicines, antacids, and other remedies affect people with medical problems like high blood pressure, or glaucoma. For men with prostate problems they can make the problems worse. Make sure you read the labels carefully about who should not take the medication. Talk to your physician or pharmacist about these medications if you are not sure.
- If you are having trouble opening bottles, containers, or packages in which your medications are packed, ask the pharmacist if they have another form of packaging you might buy.
- Finally, just because something is called a vitamin or a food supplement, doesn't mean that it can't hurt you. Taking too much of certain vitamins can cause serious problems. Some herbal products can cause excessive bleeding, a real problem if you are already taking blood thinners to prevent strokes or heart attack.
- You might be tempted to take more pain pills if you're in dire shape from arthritis or other illnesses. However, remember that as we get older, medications tend to build up in our system. Sometimes waiting just a little longer or turning to hot compresses or massages might take the edge off the pain.
- Lastly, always store your medications, vitamins, remedies, in a cool dry place or as instructed on the label.

We've just reviewed a lot of information about medications, whether they are prescribed by your doctor, or whether you buy them at the drugstore or supermarket and take them on your own. Do you have any questions about your current medication use?

_____ (response).

If you would like additional information on medications, their side effects, I can get a copy of the Florida Department of Elder Affairs' Consumer Resource Guide. They have a wonderful section on medication management that every person should take advantage of. If you would like an additional copy, you can call 1-800-96- ELDER (1-800-963-5337) and ask for it.

Part 11:
VISIT SUMMARY

We've covered a great deal of information today. Changing your behavior, especially drinking (or medication use) patterns, can be a difficult challenge. The following pointers may help you stick with your new behavior and maintain the drinking limit agreement, especially during the first few weeks when it is most difficult. If the problem is medication overuse, we can help you consult your physician. Remember that you are changing a habit, and that it can be hard work. It becomes easier with time.

- Remember your drinking limit goal (and/or medication issues):

- Read this workbook frequently.
- Every time you are tempted to drink above limits and are able to resist, congratulate yourself because you are breaking an old habit.
- Whenever you feel very uncomfortable, tell yourself that the feeling will pass.
- At the end of each week, think about how many days you have been abstinent (consumed no alcohol) or have been a light or moderate drinker.
- Some people have days during which they drink too much. If that happens to you, **DON'T GIVE UP**. Just start again the next day.
- You should always feel welcome to call your primary care provider for assistance or in case of an emergency.

THANKS FOR TRYING THIS PROGRAM.

Please remember to bring your Diary on you next visit

