‘Train the Trainer’ objectives

- Clarify IBA training objectives
- Exploring ‘training’ knowledge for trainers
- Delivering relevant and effective training
- Identify further ways to support IBA delivery
- Explore remaining barriers/ opportunities
IBA training objectives

• Core knowledge of alcohol use/misuse:
  – Units
  – ‘Risk’ terminology & language
  – IBA skills

• IBA knowledge, skills & confidence
  – ‘Identification’ & Brief Advice’
  – Key principles
  – Resources & referral

• **Implementing IBA after training!!!**
  – Learn best by doing!
We want people to do IBA!

“I usually ask some questions about alcohol use here. Are you be OK to go through some now?”

“Your answers indicate you are drinking at a level that could be harmful to your health.. How do you feel about that?”

Listen & offer brief advice:

“So can you think of any benefits of cutting down?”

“What would work for you to help you cut down?”
IBA learning opportunities?

Manuals, flow charts, e-learning etc

Discussions, colleagues doing it

IBA training

Doing IBA!
Further training pointers

• Training programmes must reflect the needs and existing knowledge of participants:
  – Research ahead if possible
  – If not, elicit existing knowledge & expectations on the day
  – Be flexible to make use of whatever time is available

• Make it interactive
  – Accommodate a mix of learning styles though discussion, tasks, activity and wherever possible DOING (or role play if not!)

• Be prepared!
Building IBA skills: Supporting ongoing learning and reflective practice

1. Experiencing (Concrete Experience)
2. Applying (Active experimentation)
3. Reflecting (Reflective observation)
4. Thinking (Abstract conceptualization)
Reflecting on practice & developing skills

- Identifying a time/space for IBA discussion & reflection?
- Reviewing practice e.g. FRAMES, e-learning
- Engaging in Networks and forums
- Following latest research and developments

  • Team meetings, coffee breaks, other opportunities?
  • FRAMES, Motivational Interviewing skills
  • London IBA network
  • Following the IBA blog and updates
## Barriers to IBA delivery?

<table>
<thead>
<tr>
<th>Barriers?</th>
<th>Think about…</th>
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<tbody>
<tr>
<td>• “It's not my job”</td>
<td>• Prevention is the NHS’s role – Every Contact Counts agenda. Make a difference!</td>
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<tr>
<td>• “I’m not confident”</td>
<td>• Give it a go – you’ll find it easier than you realise!</td>
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<tr>
<td>• “I like to drink”</td>
<td>• It’s about informed decision making – not lecturing</td>
</tr>
<tr>
<td>• “What if they get upset?”</td>
<td>• They shouldn’t if you’re following the principles – don’t push it if they’re not interested/resistant!</td>
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</table>
Keep it simple!

• IBA is short, simple, effective
• Most ‘difficult’ people will decline to do screening if offered the option!
• But for most it’s simply ‘triggering contemplation’
• You don’t need to be an expert!
• If it becomes difficult or challenging, end it there:
  – “OK, let’s leave it there. I can offer you an information leaflet if you’d like it”
Now you’re ready!

• Make sure you/colleagues have the resources:
  – Unit information/counters
  – Screening tool (AUDIT /AUDIT-C)
  – 2 sided tool to help with ‘brief advice’
  – Alcohol information leaflet for client
  – Contacts of local services

• Find them at:
  – www.alcoholiba.com
  – www.alcohollearningcentre.org
    – (Topics > IBA) & (Topics > Alcohol effects)
Thank you!

www.alcoholiba.com
IBA news & links

www.alcoholpolicy.net
alcohol policy news and info

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