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SOCIAL AND HEALTH INTEGRATED APPROACH TO ALCOHOL USE DISORDERS (AUDs) AND ALCOHOL ABUSE/DEPENDENCE: AN ITALIAN EXPERIENCE IN A SPECIALIST SERVICE

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Background and Aims. In Italy, per-capita consumption is low (6.9 lt in 2009), with an increase in binge drinking, but there are not results on treatment outcomes. This study aims to evaluate the efficacy of treatment of AUDs and alcohol abuse/dependence based on integrated social-health approach to individual needs.

Material and Methods. 276 consecutive adult patients (214 M, 62 F, mean age 43.6 yrs, range 18-72) admitted to Department for Dependencies, Padua, over 2012-2013 entered the study. All were assessed for

AUDs (204) and alcohol abuse/dependence (72). Subjects with AUDs underwent a territorial programme based on brief interventions and self-help group attendance. Patients with alcohol abuse/dependence started an intensive programme with hospital admission, pharmacological treatment and residential therapeutic community when needed. All the patients were evaluated for social needs and started a tailored programme.

Results. 22 patients (7.9%) refused the programme, 16 with AUDs (72.7%), 6 with alcohol abuse/dependence. 254 subjects started the programme. At the end of the follow up, 173 (68.1%) maintained alcohol abstinence and adherence, 33 (13%) relapsed even if involved in the programme, 48 (18.9%) dropped out. Family support, adequate social position, employment, housing are related to positive outcomes (104/143, 72.7%). The individual programme obtained the adherence in 69/111 (62.1%) patients with social problems (P: N.S.). 60 (23.6%) patients had baseline advanced diseases.

Conclusions. Integrated social-health approach is effective in the treatment of AUDs and alcohol abuse/dependence. Our data suggest the need of preventive strategies to prior identify the subjects with alcohol related problems.