

MAKING FASD HISTORY: A MULTI-SITE PREVENTION PROGRAM

SUMMARY: Workforce development in Alice Springs, Northern Territory

Screening for alcohol use helps to identify people at risk of alcohol-related harm. Alcohol use screening can also be effective for engaging Aboriginal and Torres Strait Islander people in discussions about their drinking. Consequently, it may result in reduced alcohol consumption. There was a need identified by the Central Australian Aboriginal Congress Aboriginal Corporation (Congress) to upskill health staff on how to talk to their clients about alcohol. Therefore, workforce development activities were developed, providing education to Congress health staff, on the use of the AUDIT-C tool and brief intervention techniques.

As part of the "[Making FASD history: A Multi-Site Prevention Program](#)", workforce development sessions were delivered to Congress health staff throughout 2017, 2018 and 2019. These sessions were held at nine different Congress clinics in the Alice Springs area. The sessions covered culturally appropriate ways of discussing alcohol use with Aboriginal clients. It also demonstrated how to use the AUDIT-C tool and brief intervention technique. The sessions also provided information about FASD and the risks of drinking alcohol during pregnancy. Clinicians were also advised to include the AUDIT-C as part of every adult health check.

A total of 60 health professionals participated in the workforce development sessions. To assess their knowledge and skills regarding the AUDIT-C, a pre-post evaluation survey was used. Results showed:

- 50% of the participants had knowledge about the AUDIT-C pre training
- 37% of the participants were confident in going through an AUDIT-C with their clients pre training
- 18% of the participants were aware of the Client Pathways following an AUDIT-C pre training
- 67% of the participants were confident in providing brief intervention around alcohol use pre training

In increase was seen on all items post-training. This indicates an increase in understanding and skills using the AUDIT-C and brief intervention as a result of the training.

Future work should incorporate regular educational development sessions. This can strengthen the workforce and may lead to reduced alcohol consumption and alcohol-related harms in the Alice Springs community.

References available on request.

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