Approaches to Vulnerable Teenage Alcohol Problems

N. van der Lely MD PhD

Reinier de Graaf Hospital, Delft, the Netherlands
Number of hospital admissions a year

Amsterdam 2014
Delft Study

2001 - 2007

- Younger
- Girls
- At home
- Drinking habit different
- Blood levels higher

- NTvG, December 2006
- British Medical Journal, December 2006
• Dutch Pediatric Surveillance System (NSCK)
• Prevention Intervention System
AIM

Primary goals

1. Reducing the total number of children a year, who are being admitted because of alcohol intoxication, in all Dutch hospitals in the next coming 5 years.

2. Increasing the mean age of the group admitted children each year, in all Dutch hospitals in the next coming 5 years.

Secondary goal

3. Explore the relation alcohol abuse and safety and local government policies.
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• Dutch Pediatric Surveillance System (NSCK)
• Prevention Intervention System
Results NSCK Nationwide

- General and demographic
  - Family situation/ school performance
  - Culturale background

- Info of the hospitalization
  - Blood alcohol level
  - Usage of other medication/ drugs

- Background of the patiënt
  - ADHD? Autisme?
  - Parental involvement
antal alcohol intoxicanten

<table>
<thead>
<tr>
<th>Year</th>
<th>Value</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>297</td>
<td></td>
</tr>
<tr>
<td>2008</td>
<td>337</td>
<td>+13%</td>
</tr>
<tr>
<td>2009</td>
<td>500</td>
<td>+48%</td>
</tr>
<tr>
<td>2010</td>
<td>684</td>
<td>+37%</td>
</tr>
<tr>
<td>2011</td>
<td>762</td>
<td>+11%</td>
</tr>
<tr>
<td>2012</td>
<td>706</td>
<td>-7%</td>
</tr>
</tbody>
</table>
Mean age at admission
Mean age at admission
Mean duration of coma (hr)

Amsterdam 2014
• Dutch Pediatric Surveillance System (NSCK)
• Prevention Intervention System
Prevention Intervention System

- Collaboration Pediatric and Neuropsychological activities
- Uncover underlying pathology
- Prevent repetition of admission
- Transfer of knowledge to child and parents
- Investigates damage of alcohol on the brain
Hospital admission

< 2 weeks

< 2 weeks directly

3 weeks

if indicated 1/2 year

If indicated 1/2 year

MDO

Examination day
Child psychology

Advice discussion
Child psychologist

Rounding off discussion
Child psychologist

Second visit outpatient department pediatrician

Start prevention by pedagogical assistant

Screening discussion
Child psychologist

First visit outpatient department pediatrician

Med protocol Pediatrician

Second discussion
Child psychologist

Amsterdam 2014
Primairy Aims program

- Keep the recurrence risk of admission as low as possible
- Induce behavioral change in Youth
- Induce behavioral change in Parents
- Signal psychological and psychiatric problems
Prevention Intervention System

Results Nationwide
Primary Aims program

- Recurrence risk of admission: 3%
- Behavioral change in Youth: 85%
- Behavioral change in Parents: 82%
- Signal psychological and psychiatric problems: 89%
Results In Toto
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We even studied...
Number of alcohol related First Aid treatments among 15 – 19 yr olds
Number of alcohol related First Aid treatments among 15 – 19 yr olds

Trend in het aantal SEH-behandelingen i.v.m. een alcoholvergiftiging bij 15- tot en met 19-jarigen

Summary

- **Dutch Pediatric Surveillance system:**
  Alcohol intoxication among adolescents is an emerging problem.

- In the Netherlands, special policlinics for children with alcohol intoxication have already been established and are successful.

- Time for more European collaboration!?
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For further information...
Contact information

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Thank you for your attention