

Time to Ask Program

Penobscot Community Health Care Nurse Practitioner Residents Focus Group Summary

Maine has the only Family Nurse Practitioner Residency Program, which is located at Penobscot Community Health Care (PCHC) in Bangor, Maine. Four nurse practitioners from the PCHC program participated in select components of the Time to Ask program from November 2021 through December 2021. Their participation included attending an initial orientation kick off meeting; completing the three Time to Ask online learning educational modules; and participating in a live, virtual workshop led by addiction experts on the use of medication treatment (MT) to treat alcohol use disorder in primary care. Program participants were also granted access to the Time to Ask program materials and tools such as provider pocket guides and patient teaching tools.

High-Level Findings

Participants felt more prepared to:



- Identify a person who has a problem with alcohol
- Communicate with patients about alcohol use options
- Collaborate with patients to set patient goals for follow-up appointments
- Express empathy
- Communicate in non-judgmental ways toward patients

Participants most value:



- The effects of alcohol on overall health
- Having accessible handouts to give patients
- Viewing videos of patient scenarios to reinforce the use of strategies in the office setting and to understand how to frame questions to patients
- Attending a live-virtual MT training, learning how to prescribe medication for people with Alcohol Use Disorder (AUD)

One learner had immediate plans to prescribe Naltrexone for AUD at an upcoming appointment after learning about its efficacy from the module.

Recommendations

Participants thought it would be beneficial to:



- Coordinate timing of the training to coincide with their AUD/SUD rotation
- Have the option to take these trainings in person and online

Future Education Topic Requested



One participant wanted information about how to obtain pocket guides and posters**



Three of the four participants were interested in a motivational interviewing training**



Three of the four participants were interested in a webinar/workshop on alcohol detoxification in primary care

Perceptions of Barriers and Opportunities of Screening + Monitoring for Alcohol Use

Barriers

- Not having enough time with patients

Opportunities

- Having system-wide protocols that include alcohol screening*
- Implementing evidence-based screening tools as a system policy*

*The full TTA program includes best practices and protocols for alcohol screening.

**The full TTA program includes these additional educational components.