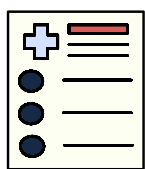


# Bridging Attitudes and Practice: How Primary Care Nurses Approach Alcohol Consumption

Sara Diogo Gonçalves<sup>1</sup>, Lisete Morais<sup>2</sup>, Maria Monteiro<sup>2 3</sup>, Raquel Garcia Diogo<sup>4</sup> and Ana Caramelo<sup>1 2 3</sup>  
<sup>1</sup>Clinical Academic Center of Trás-os-Montes and Alto Douro (CACTMAD), University of Trás-os-Montes and Alto Douro (UTAD), Vila Real, Portugal  
<sup>2</sup>School of Health, UTAD, Vila Real, Portugal  
<sup>3</sup>RISE-Health Research Network, Faculty of Medicine, University of Porto (UP), Porto, Portugal  
<sup>4</sup>Dentistry, Hospital da Luz of Vila Real, Vila Real, Portugal

## INTRODUCTION & AIM

- Alcohol use is a culturally rooted behavior in most societies
- Harmful and chronic alcohol consumption is a major global public health challenge
- Alcohol contributes significantly to:
  - Noncommunicable diseases
  - Mental health disorders
  - Injuries and violence
  - Stigma and premature mortality
- In Primary Health Care, nurses are in a strategic position to promote:
  - Prevention
  - Early detection
  - Intervention in Alcohol-Related Problems
- Professional attitudes, self-care patterns, and training may influence:
  - Clinical approach
  - Quality of care
  - Health outcomes
- Aim:**
  - To assess nurses' attitudes in Primary Health Care towards addressing alcohol consumption
  - To analyze the relationship between these attitudes and nurses' lifestyles



## METHOD

- Study type:** Descriptive, cross-sectional, and correlational, with a quantitative approach
- Target population:** Nurses from the Functional Units of ACES Douro I – Marão and Douro Norte
- Instruments:**
  - Short-Term Attitudes and Alcohol Problems Perception Questionnaire (SAAPPQ)
  - FANTASTIC Lifestyle Questionnaire
- Data collection:** Questionnaires sent electronically
- Statistical analysis:** IBM SPSS Statistics® v27.0
  - Descriptive and inferential statistics
  - Significance level:  $p < 0.05$

## RESULTS & DISCUSSION

- Sample**
  - Participants:** 57 nurses working in Primary Health Care units of ACES Douro I – Marão and Douro Norte

Table 1. FANTASTIC Lifestyle

Category	% Nurses
Needs behavior change	54.4%
Adequate/Good lifestyle	45.6%

Table 2. SAAPPQ – Perception of Attitudes

Dimension	Main Perception	Interpretation
Adequacy	Agreeing	Nurses feel able to intervene
Legitimacy	Agreeing	Nursing role considered appropriate
Motivation	Disagreeing	Limited readiness to address PLA
Self-esteem	Disagreeing	Insecurity in caring for these patients
Satisfaction	Neutral	Neither positive nor negative

- Table 1 shows that more than half of participants need behavior change; this professional self-care gap may influence confidence and readiness when dealing with Alcohol-Related Problems.
- Table 2 indicates that positive adequacy and legitimacy coexist with low motivation and self-esteem, suggesting the presence of emotional and organizational barriers to proactive alcohol intervention.
- Correlation derived from cross-reading of both tables ( $p < 0.05$ ) supports the idea that **training and healthier lifestyles** can reduce stigma, improve earlier detection, and enhance the quality of community nursing approaches to alcohol consumption.
- Training Gap:** The Majority of participants reported **no attendance** in alcohol-related training or scientific events during the last five years.
- Satisfaction neutrality reflects **heterogeneous experiences among units** and possibly different levels of institutional support, reinforcing the need for standardized workplace conditions and clear clinical pathways.

## CONCLUSION

- Nurses in Primary Health Care recognize the legitimacy and adequacy of the nursing role when addressing Alcohol-Related Problems, as demonstrated in Table 2.
- Limited motivation and professional self-esteem, together with lifestyles requiring improvement (Table 1), may hinder more proactive and effective intervention.

## FUTURE WORK

- Create a structured in-service training program on Alcohol-Related Problems and motivational interviewing for nurses of the ACES Douro I
- Reassess attitudes through the SAAPPQ after training and extend the protocol to other Primary Health Care clusters in the Northern region of Portugal