

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

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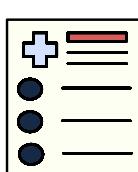
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INTRODUCTION & AIM

- 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