

# Before you get burnt 2017

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Juhendaja: Marianne Annion

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# Research

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Irma Brito, PhD from Nursing School of Coimbra conducted a research and involved Tallinn Health Care College lecturer Marianne Annion.

Before you get burnt research has lasted 10 years

Since 2007, a peer led group act in recreational settings to reduce risks and harm related with binge drinking by promoting critical literacy among partygoers.

Trained students (Peer Educators) do peer-to-peer counselling during the academic festivals of Coimbra, Oliveira de Azemeis and Covilhã conveying the message: "Act responsibly before you get burned".

Aim is to investigate the students awareness of the use of substances and the associated risks with peer to peer method.

**Around 20000  
university  
students**

**Problems related with ATOD consumption**

**Many academic parties:  
course dinners, parades and  
festivals several days**

# Environment influences

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- The winemaking tradition
- The university tradition sponsors the construction of a student identity
- The academic parties
- Students are out of their parents eyes
- Academic association, student's organizations and entire city profits from these parties



# Before you get burnt

... is an **intervention project in recreational settings** where the Peer Educators provide counseling during the nights of academic parties in order to **promote fun without risk and reduce harm related to excessive consumption of alcoholic beverages in student partygoers in academic festivities of Coimbra.**



Nightlife in Coimbra 2017. May.

- Twice a year, in Coimbra, students organize a big festival that lasts 8/9 days and nights consecutive and where attends around 180 000 people. The majority of those students (some of them underage) drink alcohol beverages and a great number became drunk. These festivities last all night and the local authorities organize harm reduction activities such as: first aid, distribution of condoms and information materials.



**5** LAKE HAZE  
HE/AT  
BICA  
SPINNING JENNY

**6** 800 GONDOMAR  
RIDING PANICO  
LUIS LUZIO  
EDUARDO NEGRÃO

**7** KKKING KONG  
CONJUNTO CORONA  
DJ NERVOSO X DJ FIRMEZA  
REBECA ÁVILA

**8** KESO  
CAKES DA KILLA  
FÁBIO NOBREGA  
NITRONIOUS

**11** LUCKY WHO  
NAMARI  
DALLA MARTA  
STRIKER

**12** A TUA MÃE  
A MEZCLA  
HARPIA  
DJ MYRO

**5** TRUSUC  
YOU CAN'T WIN,  
CHARLIE BROWN  
**JAMES ARTHUR**  
TNUC

**6** Orquestra Típica e Rancho  
**Harpia**  
**DIOGO PIÇARRA**  
**DAVID CARREIRA**  
Estudantina Universitária de Coimbra

**7** Quantunna  
Miguel Azevedo  
HI-FI  
**QUIM BARREIROS**  
FAN - Farra

**8** Mondeguinas  
**PIÇARRA**  
**MUNDO SEGUNDO**  
**SAM THE KID**  
Estudantina Feminina de Coimbra

coimbra  
**Queima das Fitas**  
5 — 12 maio

**10** MEI

**10** MEI

FORUM COIMBRA PALCO

Montepio

Palco RUC

Palco Secundário

Partners: Montepio, Fórum Coimbra, Litocar, CONTROL, Fórum de Coimbra, Associação de Estudantes de Coimbra, MOP, Rádio de Coimbra, Deftas, NCE, EXPUSP



# Graduation party











Beliefs and positive attitudes to alcohol

Tradition (social norm and peer pressure)

Accessibility to drinks (low cost, many festivals and availability)

Limited availability of attractive and effective educational interventions



Acute alcohol intoxication (hangover and hospitalization)

Sexual risk (STIs, pregnancy, regretted sex)

Violence (robberies, assaults and violations)

Road accidents (disability, death and property damage)

Social disturbance (noise, trash and property damage)

Costs on health care, economic and social losses

# Method

- Health promotion by peer to peer counselling using structured interviews with questionnaires.
- Evaluation of blood alcohol level
- Assessment of risk of sexual disease
- Give first aid and forward critical situations to hospital.
- Distribute leaflets to restaurants.
- Share condoms, lollipops for blood sugar, water.

Peer Educators:

## INTERVIEW GUIDE ANTES QUE TE QUEIMES IN COIMBRA 2015

We are nursing students cooperating with Before You Burn project and we are promoting fun with less risk through peer-to-peer counseling. The register of the information that you will give us aim to improve the next interventions.

1. Age: \_\_\_\_\_ 2. Gender: M F 3.Course: \_\_\_\_\_ 4.Years of course: \_\_\_\_\_

5. N Drinks ingested: Fermented \_\_\_ Distilled \_\_\_ Weight \_\_\_ 6. Expected alcohol content in blood \_\_\_\_\_ Alc. real \_\_\_g/L

6. How are you going to go home? 1 Walking 2 Bus/Taxi 3 Car (own or friend's) 4 Don't know

7. What you can do to not get drunk? (Check the options that answered right)

A. \_\_\_ Eat fatty foods and carbohydrates because it reduces the absorption of alcohol

B. \_\_\_ Choose fermented drinks, instead of distilled

C. \_\_\_ Try to eat food (too keep the Glycemic)

D. \_\_\_ Drink water between the ingestion of food and alcohol

E. \_\_\_ Know your limits

8. How to give first aid to a drunken friend? (Check the options that answered right)

A. \_\_\_ Assess the state of consciousness: are you conscious? Speaks? Hear you?

B. \_\_\_ Encourage to vomit?

C. \_\_\_ If the victim is lying down, place it in PLS (lateral position to avoid aspiration of vomit)

D. \_\_\_ Increase blood glucose levels, encouraging the intake of sugary liquids, glucose or lollipop

E. \_\_\_ Avoid hypothermia: wrap the victim well to prevent hypothermia

F. \_\_\_ Ask for differentiated help, (call for 112) if necessary

G. \_\_\_ Never leave a victim with acute alcoholic intoxication abandoned

Before leaving, always leave it in the care of someone. And recommend to friends that the victim should not be left alone, even if at home. If, after drinking alcohol, there is cannabis use, the depressive situation can precipitate, since both substances are depressants. In this case, if the individual does not respond, they may need urgent medical attention.

9. When calling 112 you should answer 3 questions. Which are? (Check the options that answered right)

A. \_\_\_ Where? (Exact location and reference points for referral of support)

B. \_\_\_ What? (Type of occurrence)

C. \_\_\_ Who? (Number and status of victims)

These calls are answered by qualified personnel and you must always follow the instructions given by the emergency services. When you find someone being assisted by a person who does not seem to be acting properly, offer to help because it can be a "false" support. The victim may be being taken to a more reserved place and being abused.

10. What advice would you give to minimize hangover? (Check the options that answered right)

A. \_\_\_ The best way to avoid hangovers is not to drink too much alcohol

B. \_\_\_ Drink a glass of water, or rather, natural fruit juice, to prevent dehydration

C. \_\_\_ Rest and hydrate yourself is the best solution

D. \_\_\_ Do not do sauna because you cannot "sweat" all the alcohol and other toxins you have consumed

The hangover is nothing more than the unwanted effects of excessive alcohol consumption in a short period of time. That is, the higher the alcohol content, the greater the likelihood of intoxication and of course, headaches, dizziness and nausea. The most important factor is hydration. Alcohol takes three days to be completely eliminated from the body and water accelerates its metabolism and therefore is eliminated faster from the body. It is a myth that hangover can be avoided with hepatic protective drugs

11. In your opinion, other psychoactive substances or drugs are used at these parties? Yes No Don't know

11.1. I yes, which are? Tabaco Alcohol Cannabis Cocaine Ecstasy Others Which are.....

12. In your opinion, which of the following substances that cause more dependence?

Tabaco Alcohol Cannabis Cocaine Ecstasy Others Which are.....

13. Which of the following substances do you frequently use? (it's not mandatory)

Tabaco Alcohol Cannabis Cocaine Ecstasy Others Which are.....

14. In your opinion, what are the risks of attending this kind of parties?

15. Sexual violence, particularly unconsent sex, is very common at these parties. In your opinion, how it can prevented? Thank you for your answers

16. Thank you for. We intend to assess this questionnaire; can we contact you further? Yes No

E-mail (it's not mandatory) \_\_\_\_\_ Signature

# Restaurant leaflets



**ANTES QUE TE QUEIMES**

**Act with Responsibility**



Project of Peer Education to promote fun without risk and harm reduction associated with the consumption of alcoholic beverages on Coimbra's Academic Events

## CAN WOMEN DRINK AS MUCH AS MEN?

Women metabolize alcohol in a different way than men; therefore have a higher concentration of alcohol in blood after consuming the same amount of alcohol as men. This difference has been attributed to the fact that women have:

- Smaller amount of body water ( $\pm 60\%$ )
- Lower levels of the enzyme that degrades the alcohol in the liver
- Presence of estrogens that compete with alcohol for degradation (aggravated if they use oral contraceptives)
- But also because, when drunken, become more uninhibited and therefore vulnerable to abuse and sexual violence

## DO YOU KNOW HOW TO CALCULATE YOUR LEVELS OF ALCOHOL IN THE BLOOD?

Level	Out of meal				Meal				Out of meal				Meal			
	60	70	80	90	60	70	80	90	50	60	70	80	50	60	70	80
1 Beer 5° (33cl)	.32	.27	.24	.21	.20	.17	.15	.13	.44	.36	.31	.27	.24	.20	.17	.15
Wine 12° (75cl (1 bottle))	1.71	1.47	1.29	1.14	1.09	.93	.82	.73	2.40	2.00	1.71	1.50	1.31	1.09	.93	.82
Wine 12° (20cl (1 glass))	.46	.39	.34	.30	.29	.25	.22	.19	.64	.53	.46	.40	.35	.29	.25	.22
Shot/Spirits 45°	.43	.37	.32	.29	.27	.23	.20	.18	.60	.50	.43	.37	.33	.27	.23	.20

The body removes approximately 0.10 g/l of alcohol per hour so, if you have an alcohol level of 0.50 g/l, you will need 5 hours to reach 0.0 g/l.

## What to do to not get so drunk?

- Know the limits, by calculating the alcohol levels
- Drinking alcoholic beverages preferably with meals
- Drinking alcoholic and non-alcoholic beverages at the same time (water and juice)
- Drink slowly and not completely empty the cup
- Spacing beverages (eg. One or less per hour)
- Do not get in rounds, competitions and penalties
- Prefer fermented to spirits beverages
- Establish a maximum limit of money to spend per night
- Form a group of trust, that each of the other looks out for each other



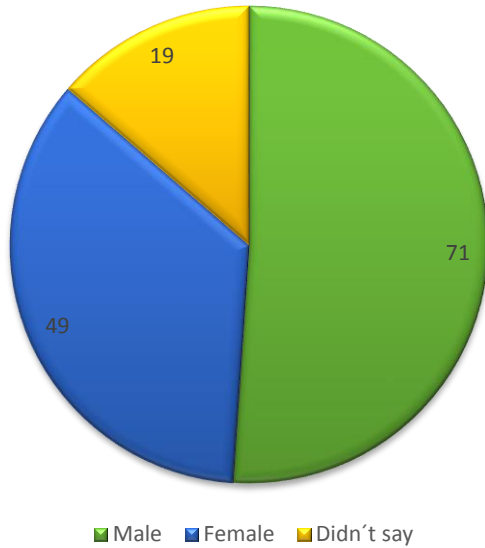
Contact: peer@esenfc.pt



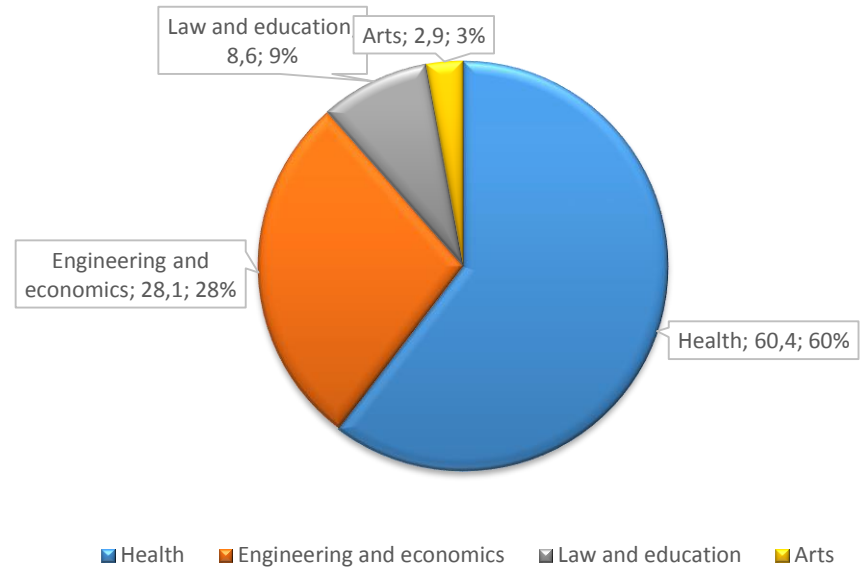
# Results

139 students in age: 22±4,3 responded

### Gender



### Course



### How are you going to go home?

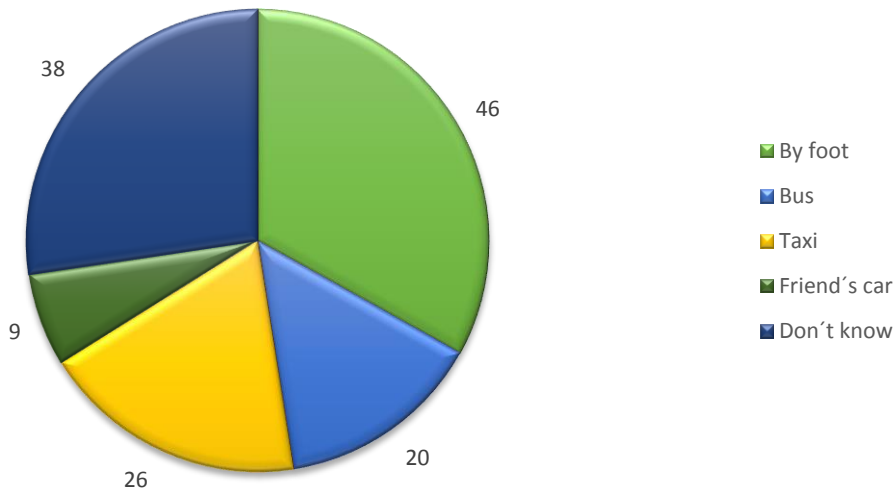


Table 1 (I. Brito, F. Mendes, F.Homem, V. Coutinho (2017). Before you get burnt).

# Alcohol use

## Number and type of beverages

- Fermented (beer, wine, cidrer): **83,5% drinke** and 16,5% don't drink
- Spirits: **45,3% drinke** and 54,7% don't drink
- Didn't drink that night: **9,4%**

## Which of the following substances do you frequently use:

Tobacco **27,3%**; Alcohol **55,4%**; Cannabis **11,5%**; Cocaine **3,6%**; Ecstasy **2,2%**.

(I. Britto, F. Mendes, F.Homem, V. Coutinho (2017). Before you get burnt).

# Health literacy about alcohol use (19 points=100%)

<b>7. What you can do to not get drunk?</b>	<b>%</b>
A___. Eat fatty foods and carbohydrates because it reduces the absorption of alcohol	28,8
B___. Choose fermented drinks, instead of distilled	12,9
C___. Try to eat food (too keep the Glycemic)	38,8
D___. Drink water between the ingestion of food and alcohol	41,7
E___. Know your limits	26,6
<b>8. How to give first aid to a drunken friend?</b>	
A___. Assess the state of consciousness: are you conscious? Speaks? Hear you?	28,1
B___. Encourage to vomit?	30,2
C___. If the victim is lying down, place it in PLS (lateral position to avoid aspiration of vomit)	25,9
D___. Increase blood glucose levels, encouraging the intake of sugary liquids, glucose or lollipop	41,0
E___. Avoid hypothermia: wrap the victim well to prevent hypothermia	12,2
F___. Ask for differentiated help, (call for 112) if necessary	43,2
G___. Never leave a victim with acute alcoholic intoxication abandoned	18,0
<b>9. When calling 112 you should answer 3 questions. Which are?</b>	
A___. Where? (Exact location and reference points for referral of support)	0,0
B___. What? (Type of occurrence)	73,4
C___. Who? (Number and status of victims)	77,0
<b>10. What advice would you give to minimize hangover?</b>	61,2
A___. The best way to avoid hangovers is not to drink too much alcohol	20,1
B___. Drink a glass of water, or rather, natural fruit juice, to prevent dehydration	59,7
C___. Rest and hydrate yourself is the best solution	53,2
D___. Do not do sauna because you cannot "sweat" all the alcohol and other toxins you have consumed	3,6

(I. Britto, F. Mendes, F.Homem, V. Coutinho (2017). Before you get burnt).



# Conclusions

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Worldwide peer to peer has been seen as an effective way of changing students health behaviors in a positive direction.

Peer education has a positive effect, because usually they are well-trained and motivated. Information is easily transmitted among the educators and the target group, because they share the same background, interest and role.

In Estonia 50% of 15-year-old boys and 47% of girls have tried alcohol. (Terviseinfo.2015).

In Estonia, Tallinn we really need this programm because we have youth drinking problem. Our Nursing School, Tallinna Health Care College wants to participate actively in community work and our Nursing students can get the opportunity to have new experiences, internationality, mobility and experiences from real street / community work, counseling. Phd Irma Britto from ESEnFC has started training with our students and students have been very interested from the project, so are the teachers.



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Thank you for listening! 😊

# References

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**A. Govier, C. Rees** (2013), Reducing alcohol-related health risks: the role of the nurse. *Nursing Standard*. 27, 50, 42-46. Date of submission: August 7 2012; date of acceptance: June 10 2013.

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(20. juuli 2017).