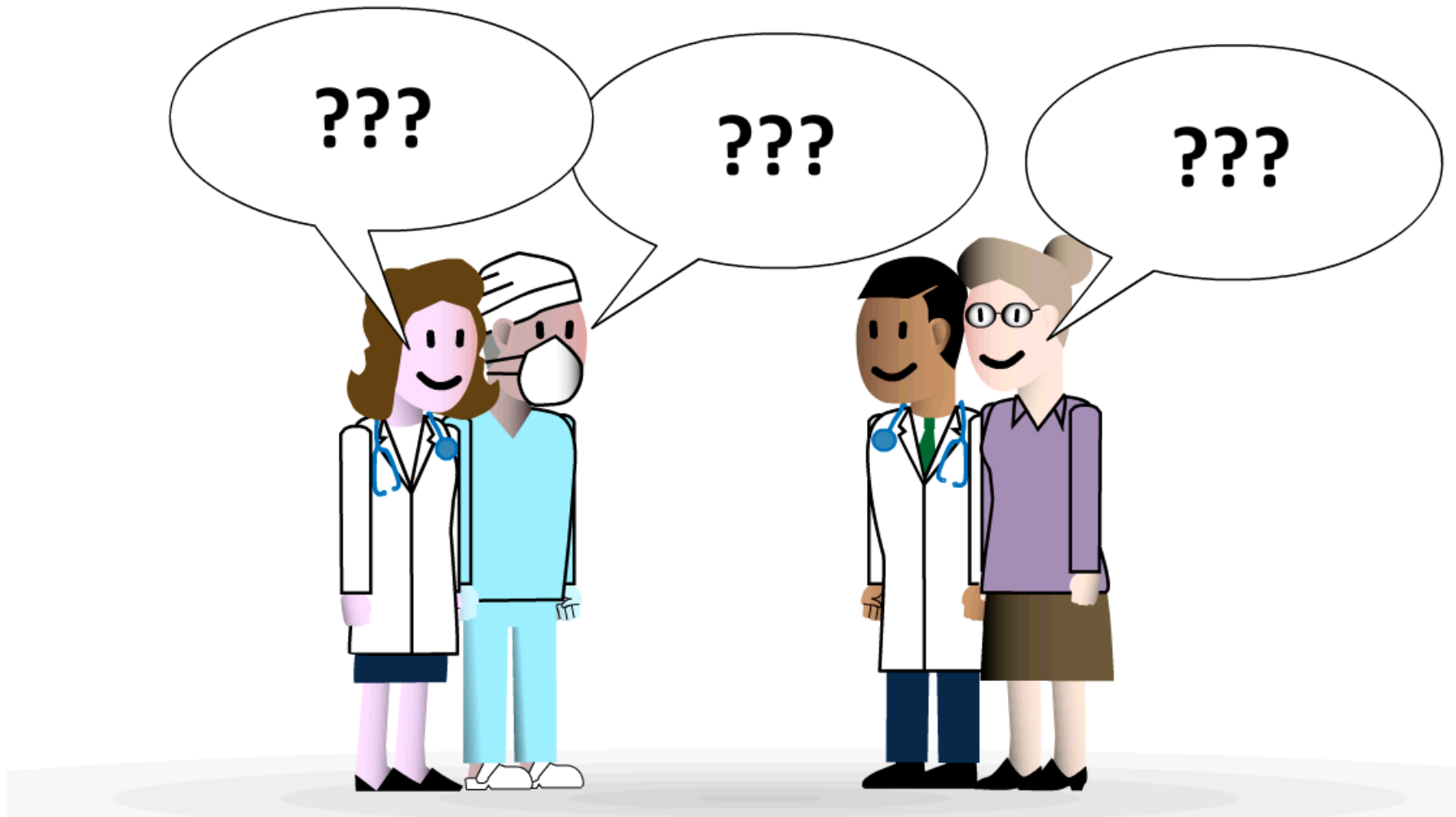


Efficacia e sicurezza degli interventi di prevenzione primaria

l.amato@deplazio.it

Il SSN offre una vasta gamma di interventi per alcuni dei quali vi è incertezza circa la loro rilevanza per la salute delle persone.

La notevole quantità di letteratura disponibile, talvolta contraddittoria e presentata in un modo spesso incomprensibile, contribuisce alla complessità del processo decisionale.



E' spesso difficile scegliere tra le numerose opzioni disponibili



Le persone che devono prendere delle decisioni hanno bisogno di

prove affidabili

conoscenza su quali interventi apportano reali benefici, quali recano danni e quali hanno pochi se non nulli effetti sul decorso della malattia

Quando le incertezze circa gli effetti dei trattamenti non sono affrontati nella ricerca, le persone possono soffrire e talvolta morire inutilmente.

Un promemoria delle responsabilità verso il pubblico degli operatori sanitari, dei decisori politici e dei ricercatori

**Good intentions and plausible theories
are no substitute for
reliable evidence from empirical research
about the effects of social and healthcare
interventions**

Iain Chalmers, 8° CC 2000

**Ma i programmi e gli interventi di prevenzione
utilizzati sono efficaci?**

Scared Straight' programmes

Il programma prevede per i giovani considerati a rischio visite organizzate nelle carceri

L'idea è che vedere di prima mano le condizioni di vita dei detenuti ed interagire con loro faccia da deterrente e prevenga futuri comportamenti "criminosi"

RCTs of 'Scared Straight' programmes

Trial	Change in criminal behaviour
Michigan 1967	26 % increase
Greater Egypt 1979	5 % increase
Yarborough 1979	1 % increase
Orchowsky 1981	2 % increase
Vreeland 1981	11 % increase
Finckenauer 1982	30 % increase
Lewis 1983	14 % increase

Petrosino et al 2002

The Adolescent Substance Abuse Prevention Study (ASAPS)

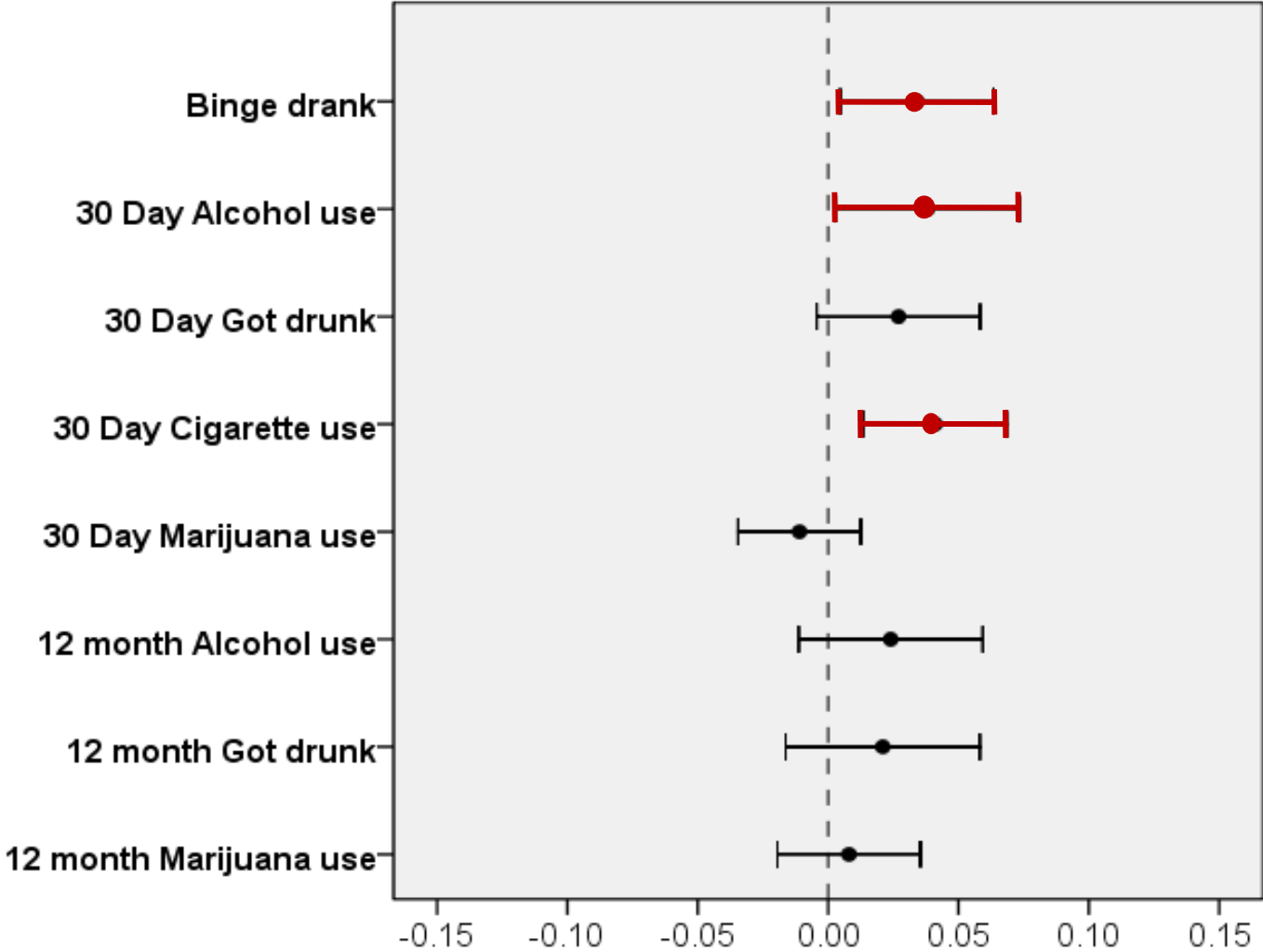
NIDA (US) developed an evidence-based substance abuse prevention program with curricula for the 7th and 9th grades, delivered by DARE officers

Take Care of Your Life (TCYL) present all the characteristics of a Best Practice

- based on a Comprehensive Social Influence approach
- 10 lessons + a booster session

The program has been evaluated by a large CRCT study (**20000 students involved !**) , following a cohort of students from the 7th through the 11th grades

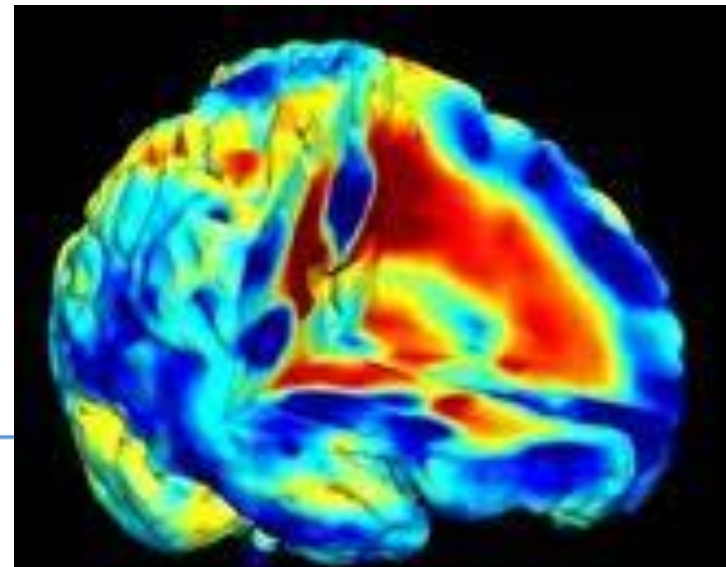
ASAPS Main Effects



Sloboda, DAD, 2009

SISTEMA SANITARIO REGIONALE

La prevenzione è spesso inefficace (a volte dannosa)



L'IMPORTANZA DI ESSERE REALISTI

«La maggior parte dei pazienti sovrastima i benefici degli interventi sanitari e sottovaluta i rischi».



The screenshot shows the JAMA Internal Medicine website interface. At the top, the journal title "JAMA Internal Medicine" is displayed in blue, with the subtitle "Formerly Archives of Internal Medicine" below it. A navigation menu includes links for Home, Current Issue, All Issues, Online First, Collections, CME, Multimedia, and Full Text. The current issue is identified as "February 2015". A grey banner indicates that "Full content is available to subscribers" with a "Subscribe/Learn More" link. The article title is "Patients' Expectations of the Benefits and Harms of Treatments, Screening, and Tests: A Systematic Review" by Tammy C. Hoffmann, PhD^{1,2}; and Chris Del Mar, MD, FRACGP¹. The article is categorized as a "Review" and is dated "February 2015". The abstract begins with "LESS IS MORE". The citation information at the bottom reads "JAMA Intern Med. 2015;175(2):274-286. doi:10.1001/jamainternmed.2014.6016." and there is a "Text Size" option with three icons.

WWW.COCHRANELIBRARY.ORG

La prevenzione efficace

E' necessario che gli interventi di prevenzione nella pratica dei servizi siano ***Evidence-based***, cioè precedentemente valutati da studi randomizzati

Cochrane Drugs and Alcohol Group

Editors, N=9

Authors, N=476

Referees, N=124

Consumer
involvement

Statistical advise

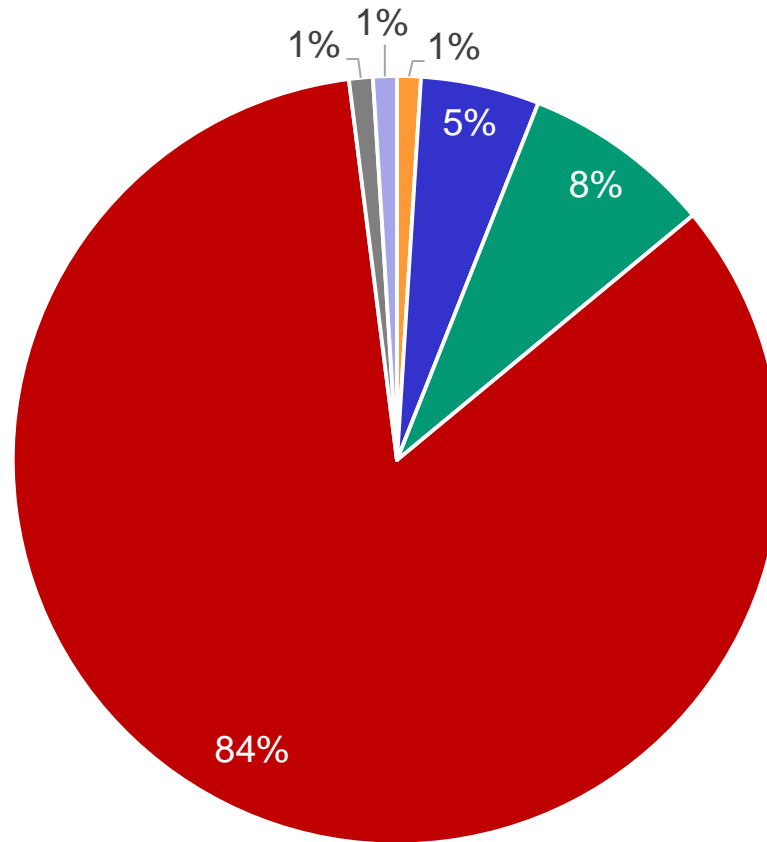
The editorial base

Marina Davoli
Laura Amato
Zuzana Mitrova
Silvia Minozzi



Revisione	Totale studi considerati	N° Studi esclusi	N° Studi Inclusi	% di studi inclusi	N° Partecipanti
1. Universal school-based prevention programs for alcohol misuse in young people	101	48	53	52	122107
2. Universal school-based prevention for illicit drugs' use	158	107	51	32	119463
3. Interventions for prevention of drug use by young people delivered in non-school settings	49	32	17	35	16417
4. Social norms interventions to reduce alcohol misuse in University or College students	58	92	65	112	43193
5. Universal multi-component prevention programs for alcohol misuse in young people	67	47	20	30	53039
6. Universal family-based prevention programs for alcohol misuse in young people	60	48	12	20	11274
7. Mentoring adolescents to prevent drug and alcohol use	233	229	4	2	1994
8. Media Campaign for preventing illicit drugs use in young people	76	53	23	30	188146
9. Motivational interviewing for the prevention of alcohol misuse in young people	96	30	61	64	18181
10. Restricting or banning of alcohol advertising to reduce alcohol consumption in adults and adolescents	16	12	4	25	80
Total	914	698	310	34	573894

Paese di origine degli Studi Inclusi



■ Asia ■ Australia/Nuova Zelanda ■ Europa ■ Nord America ■ Sud America ■ Sud Africa

Universal school-based prevention programs for alcohol misuse in young people

Life Skills Training Program 😊

Unplugged program 😊

Good Behaviour Game 😊

Social or life-skills interventions 😞

Universal school-based prevention for illicit drugs' use

Combination of social competence and social influence approaches 😊

Social competence approach. 😊

Interventions for prevention of drug use by young people delivered in non-school settings

Motivational interviewing on cannabis use



Family interventions on cannabis use



Multi component community interventions



Education and skills training



Social norms interventions to reduce alcohol misuse in University or College students

Web/computer feedback



Individual face-to-face feedback



Mailed feedback



Group face-to-face feedback



Universal multi-component prevention programs for alcohol misuse in young people



Universal family-based prevention programs for alcohol misuse in young people



Mentoring adolescents to prevent drug and alcohol use



Media Campaign for preventing illicit drugs use in young people

Multi component interventions



Motivational interviewing for the prevention of alcohol misuse in young people



Restricting or banning of alcohol advertising to reduce alcohol consumption in adults and adolescents



IN SINTESI...

Le decisioni sulla salute devono essere prese sulla base di evidenze solide.

E' sempre più complesso sintetizzare le prove che derivano dalla ricerca

E' necessario garantire l'accesso alle prove e il loro uso.

Sono "tempi interessanti" per la medicina basata sulle prove.





“Know-do gap”



Evidence



Practice

Maj May Mai Май

nię 20, 141 + 224

4:42 12:48
:40 01:33

 Bliźnięta

ERA FAKTYWA

Wiktor, Tymoteusza

Poniedziałek
Wtorek
Środa
Czwartek
Piątek
Friday
Freitag
Пятница

21

An agenda for the future

