

HEALTH RESEARCH ABSTRACT SUBMISSIONS

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Name *	Jennifer Erbes
Email *	jennifer-erbes@uiowa.edu
Educational Level *	Other
If Selected Other	M4
College *	College of Medicine
Department *	Emergency Medicine
Title of Research *	SCARE: Schedule of Classes and Alcohol-Related Emergencies
Other Authors *	Will Heise, M4 (UI College of Medicine, Emergency Medicine) Leah Thompson, MD (UI College of Medicine, Emergency Medicine) Andrew Nugent, MD (UI College of Medicine, Emergency Medicine) Michael Takacs, MD (UI College of Medicine, Emergency Medicine)
Introduction & Purpose *	According to the 2009 National College Health Assessment, binge drinking at Iowa was significantly higher than the national average (70% versus 44%); and UI students were 1.5 to 2.0 times more likely to experience alcohol-related adverse events. The purpose of our study was to determine whether there were changes in Thursday night alcohol-related emergencies among UI students since 2008 implementation of increased Friday classes.
Experimental Design *	Case studies were performed for all 18-22 year olds who presented to the UIHC Emergency Treatment Center (ETC) between 6 PM Thursday and 6 AM Friday during the academic years one year before (2007-2008) and one year after (2008-2009) implementation of increased Friday classes. Whether the visit was alcohol-related, whether the patient was a UI student, and if so, whether the student had Friday classes was then determined.
Results *	From 2007 to 2009, 589 patients 18-22 years of age presented to the ETC on Thursday nights, 147 of them for alcohol-related reasons. Whereas, from the academic years 2007 to 2008, the number of non-UI students was relatively unchanged, alcohol-related ETC visits by UI students decreased. The decrease in ETC visits was observed for students both with and without Friday classes. Disturbingly, for both students and non-students, ~20% of patients who were tested had blood alcohol levels at which death can occur.
Conclusions *	Thursday night alcohol-related ETC visits decreased ~30% among UI students from the 2007 to the 2008 academic years; however, data suggest that this decrease may be due to more than one component of the alcohol safety program. Future studies are needed to further define the effectiveness of UI and community alcohol safety programs for reducing the more serious consequences of binge drinking.

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