

Weitzman Science to Practice: Summary Report on a Novel Educational Approach to Alcohol Use Disorder

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Background

Weitzman Science to Practice: Alcohol Use Disorder

In 2025, Weitzman Institute, with funding from a National Institute of Health (NIH) R25 Research Education award, launched the project, *Translating Research into Practice on Alcohol and Polysubstance Use Disorders by Educating the Interprofessional Primary Care Team*. With a target audience of primary care medical providers (physicians, nurse practitioners, and physician associates/assistants) and behavioral health providers (psychologists and Master's level clinicians) working at federally qualified health centers and other safety net primary care settings, this project aims to:

- Improve the capacity of clinicians to apply best practices derived from the current science in the prevention, screening, and treatment of AUD into practice
- Enhance clinicians' interest and engagement in foundational and emerging scientific literature related to AUD

Through this project, Weitzman Institute launched its first Science to Practice activity in June 2025. Weitzman Science to Practice: Alcohol Use Disorder addresses practice gaps in AUD screening, assessment, and treatment in primary care, with a focus on influential scientific literature behind AUD best practice recommendations.

By capturing insights from these initial sessions, this report illustrates how Science to Practice can strengthen the connection between research and real-world clinical care for alcohol use disorder.

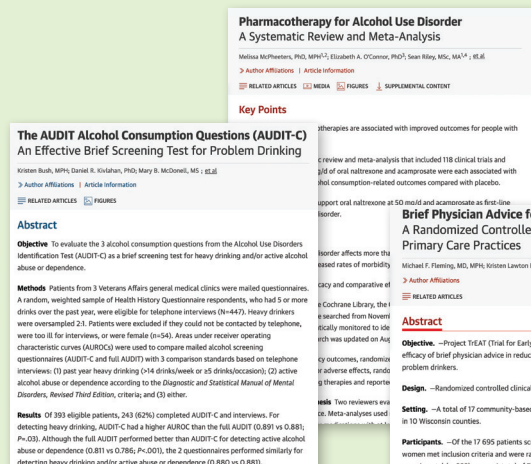
What is Weitzman Science to Practice?

Science to Practice is an adapted virtual journal club designed to engage clinicians in discussions about foundational and emerging research by examining peer-reviewed articles. Sessions provide examples of how to utilize evidence-based content from the articles in practice while facing the real-world challenges experienced in safety net settings such as community health centers. Science to Practice sessions are co-led by a clinical subject matter expert (SME) and an academic researcher. The clinical SME shares actionable recommendations and case examples relevant to the literature, while the researcher reviews research literacy skills and contributes to discussions around research methodologies. Science to Practice has been designed to help overcome the research-practice gap.

Weitzman Science to Practice: Alcohol Use Disorder Content and Articles

Each one-hour session included:

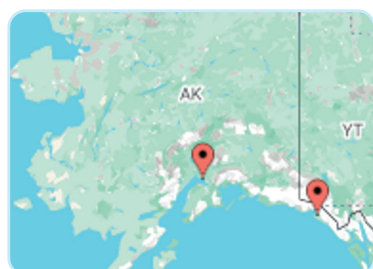
- An overview of two peer-reviewed articles
- Research literacy skills (e.g., study design, population, limitations)
- Implications for practice
- Case examples centered on underserved settings
- Discussion and Q&A



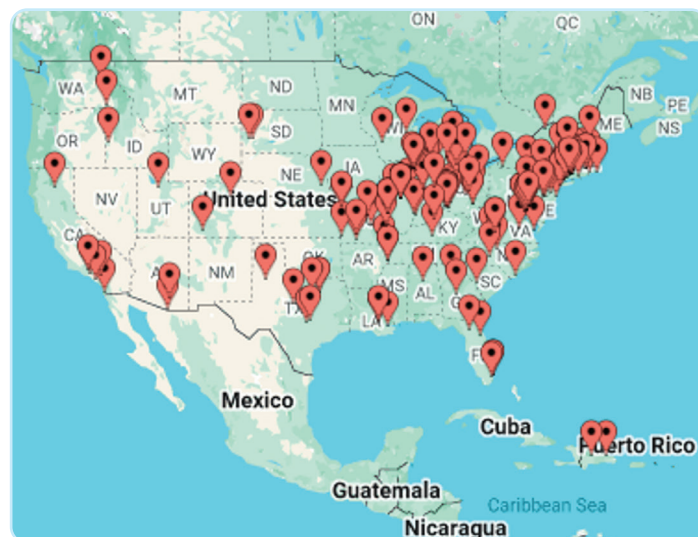
Article	Implications for Practice
The AUDIT Alcohol Consumption Questions (AUDIT-C): An Effective Brief Screening Test for Problem Drinking <i>Kristen Bush et al.</i> Objective & Conclusions: Assessed the first three AUDIT questions (AUDIT-C) and the third question alone for detecting heavy drinking and alcohol abuse or dependence. A score ≥ 3 on AUDIT-C or reporting six or more drinks on at least one occasion in the past year effectively identifies patients needing further assessment.	Screening tools (AUDIT-C) can efficiently flag patients who may need further evaluation.
Brief Physician Advice for Problem Alcohol Drinkers: A Randomized Control Trial in Community-Based Primary Care Practices <i>Michael F. Fleming et al.</i> Objective & Conclusions: Tested the efficacy of physician-delivered brief interventions in community-based primary care practices for reducing alcohol use among patients with problem drinking. The results show that such interventions can effectively lower alcohol consumption in this population.	Brief physician interventions in primary care can make a measurable impact on reducing drinking.
Pharmacotherapy for Alcohol Use Disorder: A Systematic Review and Meta-Analysis <i>Melissa McPheeters et al.</i> Objective & Conclusions: Evaluated and compared the efficacy of nine medications for AUD. Evidence was strongest for acamprosate and naltrexone (50 mg/day), moderate for topiramate with higher adverse-effect risk, and limited for disulfiram.	Pharmacotherapy evidence supports acamprosate and naltrexone as first-line options, with mixed or limited evidence for others.
Once-Weekly Semaglutide in Adults with Alcohol Use Disorder: A Randomized Clinical Trial <i>Christian S. Hendershot et al.</i> Objective & Conclusions: Evaluated the effects of once-weekly semaglutide on alcohol use and cravings in non-treatment-seeking adults with AUD. Weekly semaglutide reduced drinking, drinks per drinking day, and cravings in laboratory settings, showing smaller but still promising effects compared with some other pharmacotherapies.	Emerging therapies (semaglutide) show early promise and highlight the importance of continued innovation in AUD treatment.

Participants

- **Registration:**
 - 371 total registrants
- **Attended:**
 - 187 unique participants attended; 71 attended both sessions
- **Represented Roles of Attendees:**
 - Behavioral Health—42.7% (N=80)
 - Medical—17.6% (N=33)
 - Other Care Team—36.3% (N=68)
 - Unknown—3.2% (N=6)



Represented Locations: 187 participants across 34 states, two U.S. territories, and Puerto Rico



Qualitative Findings

What Participants Liked Most

- **Information Presented** (N=23)
 - Participants valued the clarity, relevance, and comprehensiveness of the information.

Planned Practice Changes

- **Collaborating with Prescribers** (N=13)
 - Intention to involve prescribing clinicians in treatment planning for AUD.
- **Adopting/Refining Screening Tools** (N=6)
 - Participants planned to integrate the AUDIT-C into practice, citing its ease and appropriateness.
- **Discussing Medications for AUD** (N=5)
 - Plans to engage patients in conversations about medication-assisted treatment options.
- **Sharing Knowledge with Colleagues/Teams** (N=5)
 - Commitment to disseminating training content with peers.

"The clear comprehension and learning material throughout the course was excellent and easy to follow."



"Ask patients' primary [care] physicians if medications would be appropriate for the patient."

"We will implement use of AUDIT rather than CAGE in screening for our prevention services."

"Introducing the idea of medication treatment to AUD clients/exploring the possibility with new knowledge of evidence-based research."

"Present assessment tool to team for possible use."

Findings from Post-Session Surveys

- **Satisfaction:** Participants reported high satisfaction with session content, faculty knowledge, and opportunities for engagement, with mean ratings consistently above 3.4 out of 4.
- **Knowledge, Skills, and Self-Efficacy:** Attendees indicated they gained new knowledge, developed skills, and felt more confident applying what they learned, with mean scores ranging from 3.35–3.52.
- **Research Literacy:** Participants expressed greater interest and confidence in accessing and applying peer-reviewed research, as well as intentions to share strategies with colleagues, with mean scores consistently above 3.2.

Satisfaction with the Science to Practice Sessions (N=141)

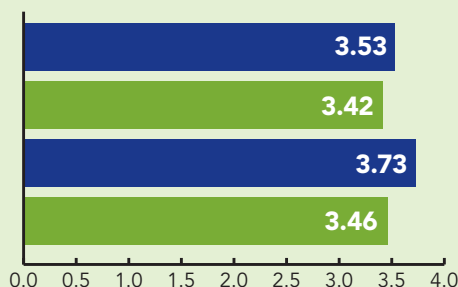
Please indicate the extent to which you agree with the following statements:

The content included in the presentation was relevant to my practice.

The supplemental resources provided during the presentation will assist with making practice changes.

The faculty was knowledgeable about the presented content.

The format of the session was interactive and engaging.



Answer options (1-4):

- Strongly disagree
- Disagree
- Agree
- Strongly agree

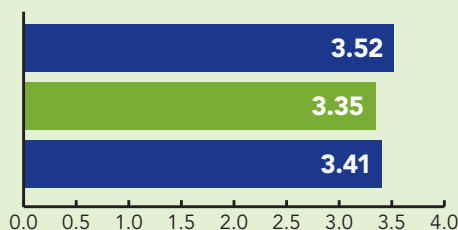
Learner Outcomes: Knowledge, Skills, and Confidence (N=141)

Please indicate the extent to which you agree with the following statements:

I gained new knowledge as a result of attending this session.

I learned new skills as a result of attending this session.

I am confident in my ability to use what I learned from this session in my practice.



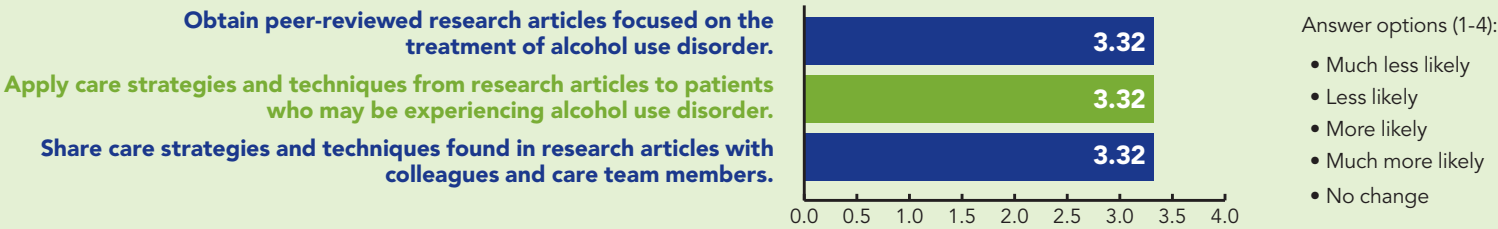
Answer options (1-4):

- Strongly disagree
- Disagree
- Agree
- Strongly agree

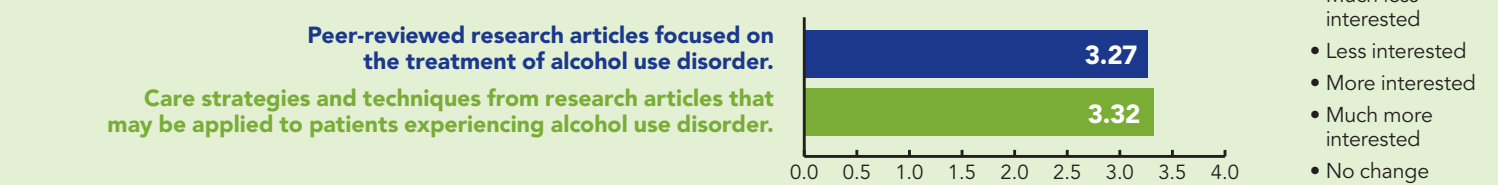
Findings from Post-Session Surveys (continued)

Research Literacy Outcomes (N=141)

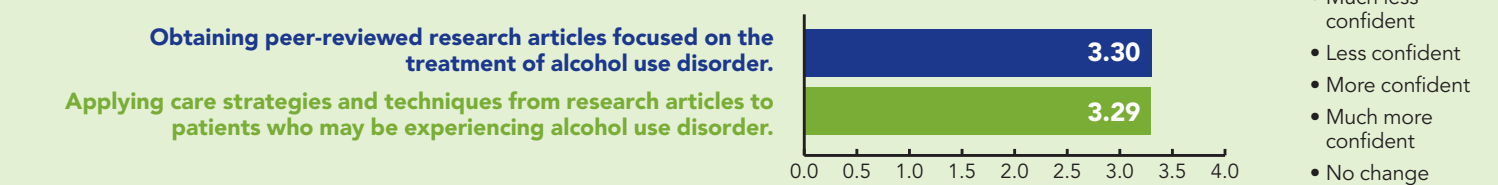
Compared to before your participation in this activity, how likely are you to now implement the following into your practice:



Compared to before your participation in this activity, please indicate your level of interest in the following:



Compared to before your participation in this activity, please indicate your level of confidence in the following:



Implications

Findings suggest strong participant engagement, with consistently high levels of interest and confidence in accessing and applying peer-reviewed research to practice. The results indicate improvements in participants' ability to obtain and use evidence-based strategies, as well as their intent to share knowledge with colleagues and care teams.

Looking ahead, there are opportunities to build on participant feedback and strengthen the program by increasing the number of sessions, incorporating more interactive engagement, and tailoring content to better meet the needs of a multidisciplinary audience. Weitzman Institute plans to expand Science to Practice to additional topics in the future.

Acknowledgments

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More Information

For more info regarding Weitzman Institute and educational offerings, visit <https://www.weitzmaninstitute.org/education/weitzman-echo/>