

Brief work with drinkers

Neal Richardson
Alcohol Liaison Nurse

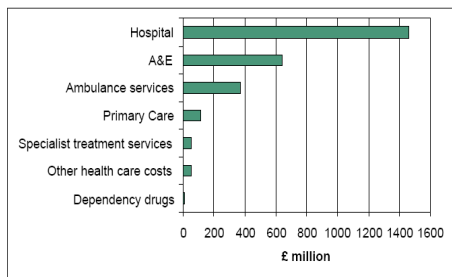
To cover:

- Alcohol-related hospital admissions
- Influencing changes in drinking
- Brief alcohol history
- Providing brief advice
- Referral for further support

Alcohol-related admissions

- Acute effects following intoxication e.g. accidents and injuries, assault, collapse.
- Effects of chronic alcohol use e.g. liver disease, cardiomyopathy, gastritis, depression
- Effects related to alcohol dependency e.g. withdrawal symptoms

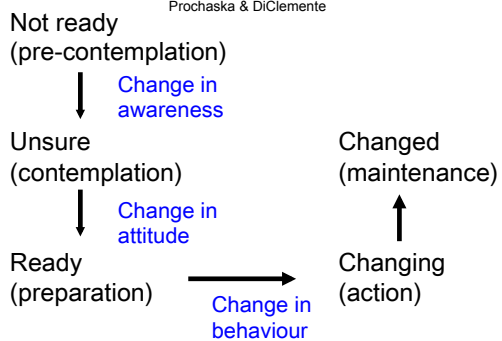
Cost of alcohol harm to the NHS



Public Accounts Committee (2009)

Stages of change

Prochaska & DiClemente



The 'teachable moment'



What can be done?

Identification and brief advice (IBA)

- Identify problem drinkers
- Provide brief feedback/advice
- Offer further support to drinkers experiencing harm.

Brief alcohol history

- Frequency (days a week/month)
- Quantity (units a day)
- ? Withdrawal symptoms

Screening Tools



Paddington Alcohol Test

1. How often do you drink alcohol?
2. What is the most you will drink in any one day?
3. Do you feel your admission to hospital is related to alcohol?

If regularly more than twice daily limits (8 units/day for men, 6 units/day for women)

or

If yes to Q3:

Give brief advice booklet and offer referral to alcohol liaison nurse

AUDIT

Questions	Scoring system					Your score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week	
How many units of alcohol do you drink on a typical day when you are drinking?	1-2	3-4	5-6	7-8	10+	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Have you or somebody else been injured as a result of your drinking?	No	Yes, but not in the last year	Yes, during the last year	Yes, during the last year	Yes, during the last year	
Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No	Yes, but not in the last year	Yes, during the last year	Yes, during the last year	Yes, during the last year	

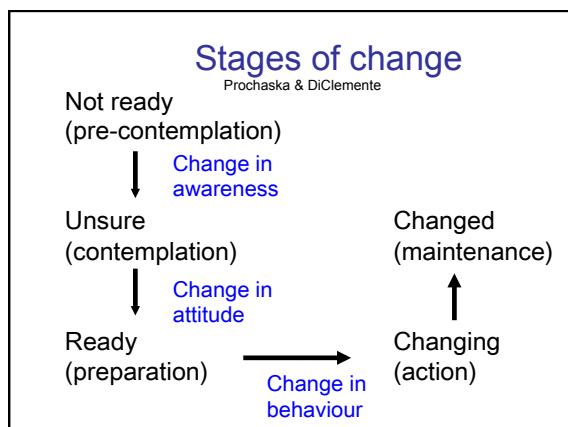
Scoring: 0 - 7 Lower risk, 8 - 15 Increasing risk, 16 - 19 Higher risk, 20+ Possible dependence

Brief advice for drinkers

Make the connection:

- Feedback for patient re risks*
- Advice on making changes
- Offer further advice/support

* If alcohol dependent inform re diagnosis.



IBA e-Learning

Identifying drinkers and delivering structured brief advice:

<http://www.alcohollearningcentre.org.uk/eLearning/IBA/platforms/ALC/>
