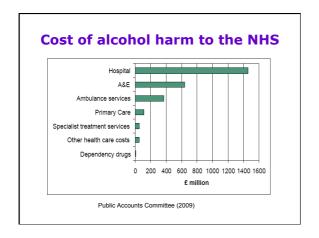
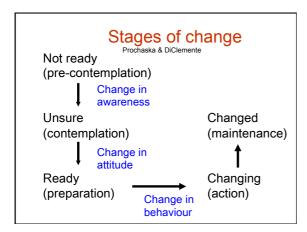
Brief work with drinkers Neal Richardson Alcohol Liaison Nurse To cover: · Alcohol-related hospital admissions • Influencing changes in drinking · Brief alcohol history · Providing brief advice · Referral for further support **Alcohol-related admissions** Acute effects following intoxication e.g. accidents 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







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 $\underline{\text{twice}}$ 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

		Sco	ring syst	em		Your
Questions	0	1	2	3	4	score
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	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	
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	

Brief advice for drinkers

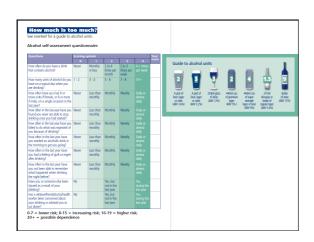
Make the connection:

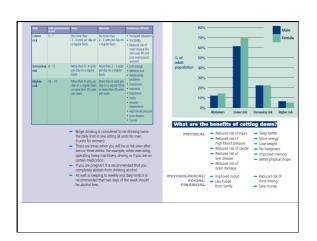
- Feedback for patient re risks*
- Advice on making changes
- · Offer further advice/support

	_	
	_	

^{*} If alcohol dependent inform re diagnosis.







HOW TO DO IT If you are glaring to drink try and eat beforehand Keep yourself hydrated with non-alcoholic drinks Avoid drinking in rounds or in large groups Switch to low alcohol beerfager Slow down your drinking by taking smaller sips and leaving longer gage between yes	Fan activities and tacks at those times you usually drink. By different ways of dealing with your direction of the pub after work. Ascid or limit the time spert with "heavy" directing friends	For further advice or to arrange an appointment, call: Charing Cost Policipal Alcohol Narse GO 331 0.044 Harmeremith Roppial Alcohol Narse GO 331 1/20 Mammoramith & Fulhum Alcohol Sandess Commonly elected is Support Service (CAS) GO 2318 1404.
What targets should you HOW TO DO IT Men should not regularly drink more than 3 - 4 units of alcohol a day. Women should not regularly drink more than 2 - 3 units of alcohol a day. 'Regularly means drinking every day or most days of the week.	Also, try to take a break from drinking for a couple of days a week. This can give your body a chance to recover. Important I you are physically dependent on alcohol seek specialist advice before trying to stop.	Community Drug and Alcahol Service (CDAS) 007 3981 7766 282 North End Road Fulham London SW6 1NH You can also log on to www.dinking.nhs.uk or call Drinkine on 8800 917 8282
Guide to alcohol units	4 4 9	If you would like any part of this document interpreted into your own language, or produced in large print or braille, please telephone 020 3313 0244.

Evidence base

- 56 controlled trials (Moyer *et al.*, 2002) have shown the value of IBA.
- A Cochrane Collaboration review (Kaner et al., 2007) shows substantial evidence for IBA effectiveness.
- For every eight people who receive simple alcohol advice, one will reduce their drinking to within lower-risk levels (Moyer et al., 2002) NNT = 8.

Alcohol support services

- · Hospital alcohol liaison nurses
- · Community alcohol teams
- Structured day programmes
- · Residential rehabilitation
- Self-help groups e.g. AA, SMART recovery
- · Al-anon/relative support groups

ı	Stages	f change		
	Stages o Prochaska & DIC	Clemente		
	Not ready (pre-contemplation)			
	Change in			
	awareness			
	Unsure	Changed		
	(contemplation)	(maintenance)		
	Change in attitude	†		
	Ready	Changing		
	(preparation) Chang			
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	IBA e-Leai	rning		
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	Identifying drinkers and de			
	Identifying drinkers and de	elivering structured		
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	Identifying drinkers and de brief advice:	elivering structured		