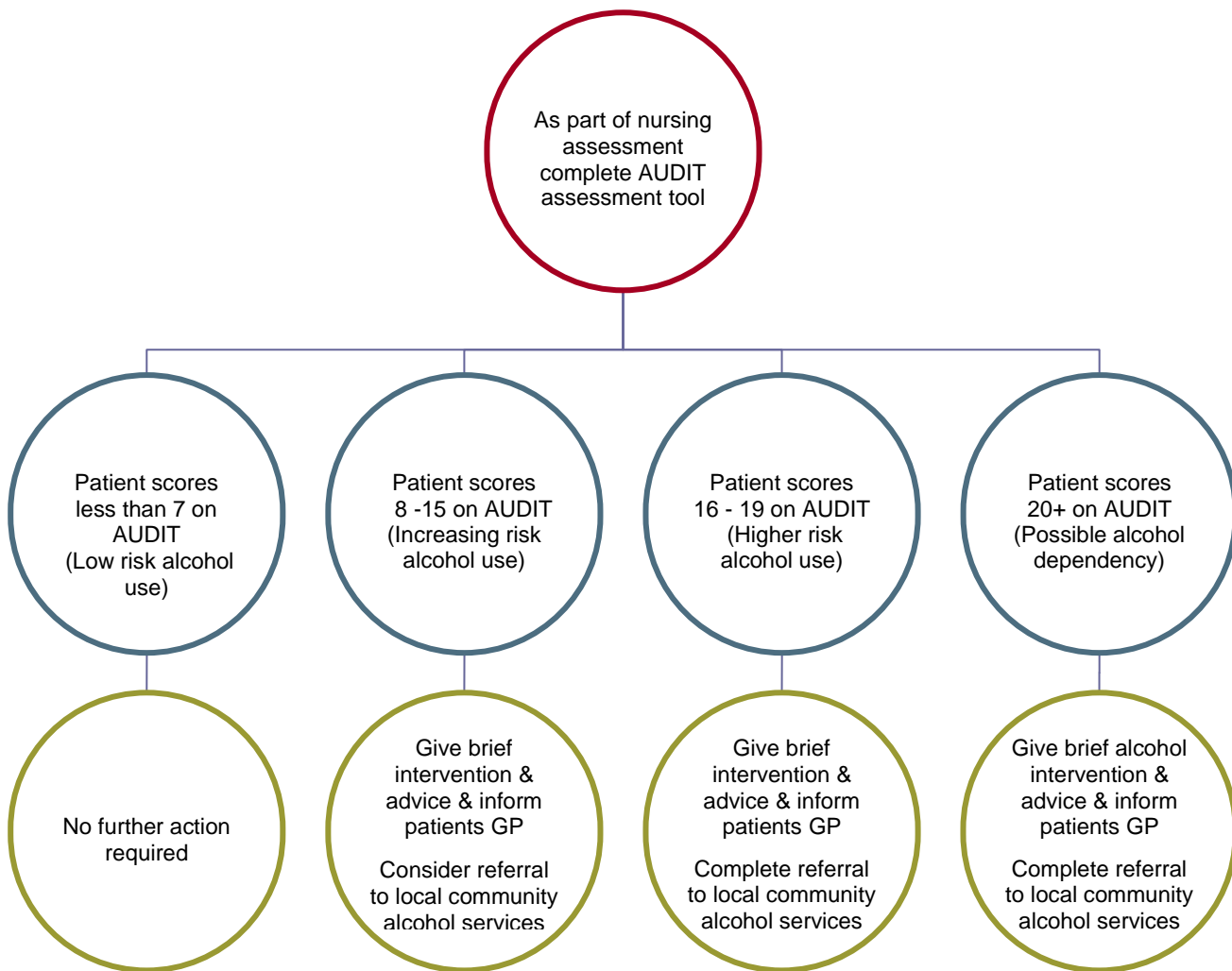


Proposed Community Alcohol Care Pathway



Local community alcohol services can be obtained by searching at the following web page:

<http://www.nhs.uk/Service-Search/Support-services-for-alcohol-addiction/LocationSearch/295>

This list is not exhaustive please familiarise yourself with your local services.

Patient consent should be obtained for all referrals to community alcohol services.

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Alcohol Risk Levels

	Men	Women
Lower Risk	3-4 units per day regularly	2-3 units per day regularly
Increasing Risk	4-8 units per day regularly	3-6 units per day regularly
Higher Risk	8+ units per day regularly or 50+ units per week	6+ units per day on a regular basis or 35+ units per week

Giving Brief Advice

Brief advice is giving simple advice to people drinking at increasing levels that may or may not be presenting with an alcohol related problem. We use the FRAMES acronym to help guide the advice given.

F	Feedback Give an explanation of AUDIT score and risk level
R	Responsibility Place responsibility on the patient to make changes
A	Advice Advise the patient to cut down or abstain
M	Menu Ask patient for their ideas of ways to cut down and give suggestions
E	Empathy Show understanding and empathy towards the patient
S	Self-efficacy Encourage and reinforce the patients' belief that they can make changes

Units



Important point to consider

Patients with alcohol issues may be malnourished and lack B vitamins in their diet. It is important to replace these with oral supplements to prevent Wernicke's encephalopathy e.g. Thiamine, Vitamin B Co Strong & Folic Acid

Alcohol dependant patients should **not** suddenly stop drinking due to the risk of Alcohol Withdrawal Syndrome. Support from community alcohol services should be sought to ensure a safe reduction in alcohol use.