

# Do you know your limit?



Spirit / Shot (35ml):  
ABV 38-40%

**1.4 UNITS**



Wine (175ml):  
ABV 12%

**2 UNITS**



Alcopop (330ml):  
ABV 5%

**1.7 UNITS**

a **better** tomorrow

## Remember to use AUDIT-C

**AUDIT-C Scoring:** *(this is for guidance only and should not over-rule clinical judgement)*

**Score of 4 or less:** No further action

**Score of 5-7:** Give brief advice and 'Drink Less' leaflet

Consider referral to ALNS\*

**Score of 8 or more:** Refer to ALNS\*

Assess need for chlordiazepoxide (see Trust policy)

Referral to ALNS:

- Bleep: 230 / 465 / 765 / 766

- Telephone number: 01253 303943

\*ALNS: Alcohol Liaison Nurse Specialists

# drink less

see more of life

**NHS**  
Blackpool

Blackpool Teaching Hospitals **NHS**  
NHS Foundation Trust

a **better** tomorrow

Questions	Scoring system					Patient Score (record in notes)
	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	<input type="text"/>
How many units of alcohol do you drink on a typical day when you are drinking?	1 - 2	3 - 4	5 - 6	7 - 9	10+	<input type="text"/>
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	<input type="text"/>

**AUDIT-C Scoring:** *(This is for guidance only and should not over-rule clinical judgement)*

**Total score of 4 or less** – No further action

**Total score of 5 or more** – Act appropriately (see overleaf for guidance)

*Record all scores and actions in notes*



Wine (250ml):  
ABV 12%

**3 UNITS**



Pint of Beer / Lager / Cider:  
ABV 5.2%

**3 UNITS**



Spirit / Shot (25ml):  
ABV 38-40%

**1 UNIT**

