

ALCOHOL USE INTERVENTIONS : THE WAY FORWARD

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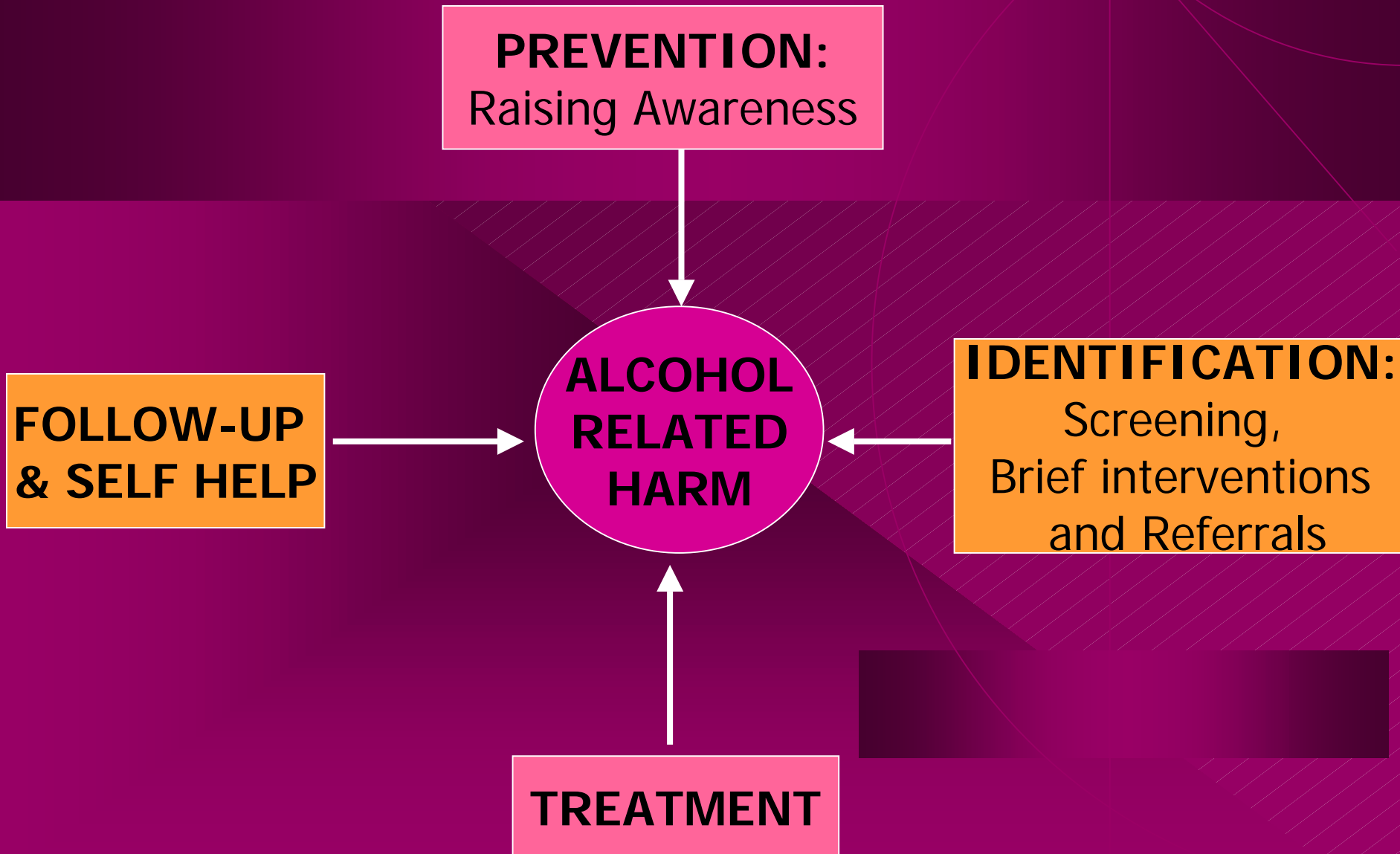
December 06

LDAN

Half full or half empty ??
We are all ambivalent



Resources Needed

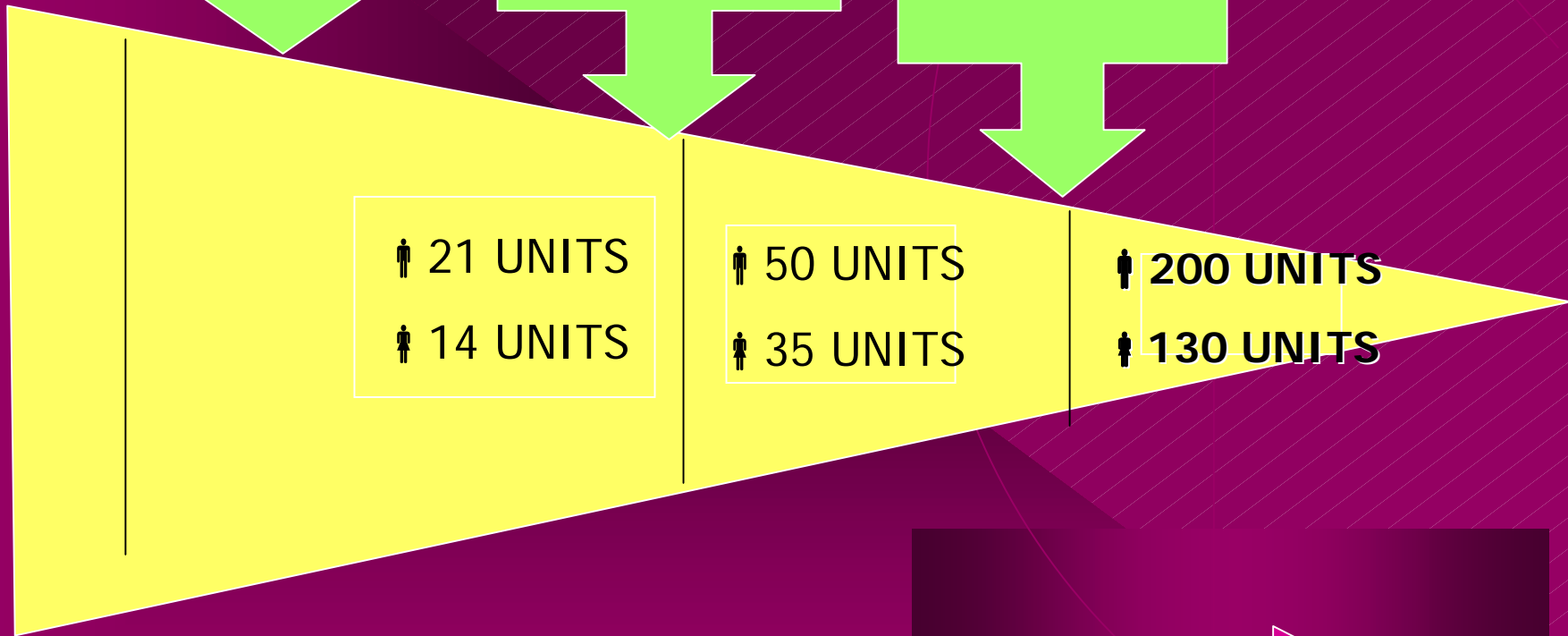


TREATMENT NEEDS

Health Education

Brief interventions
Tier 1&2

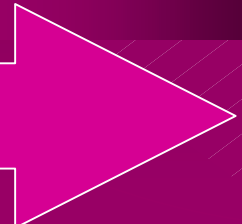
Specialist Interventions
Tier 3&4



Low risk

High risk

Dependence



What do we need to do ?

- ◆ Information & Health education
- ◆ Screening
- ◆ Brief interventions
- ◆ Specialist interventions

2. Information Education

- ◆ Information about recommended drinking levels
- ◆ Relevant information needs to be made available to those more at risk:
 - ◆ Drug users
 - ◆ Mental health
 - ◆ Young & old
 - ◆ Those with compromised health
- ◆ Clarity about low risk drinking rather than sensible
- ◆ Unit labelling

1. SCREENING

Alcohol Use Disorder Identification Test (AUDIT)

- ◆ The AUDIT is a 10- item questionnaire and is a screening instrument for hazardous and harmful alcohol consumption.
- ◆ A diagnosis of *harmful or hazardous alcohol use* is made for those scoring 8 or more.
- ◆ Targeted screening- should be integrated to other interventions in primary care i.e. Blood pressure

Box 10

The Alcohol Use Disorders Identification Test: Self-Report Version

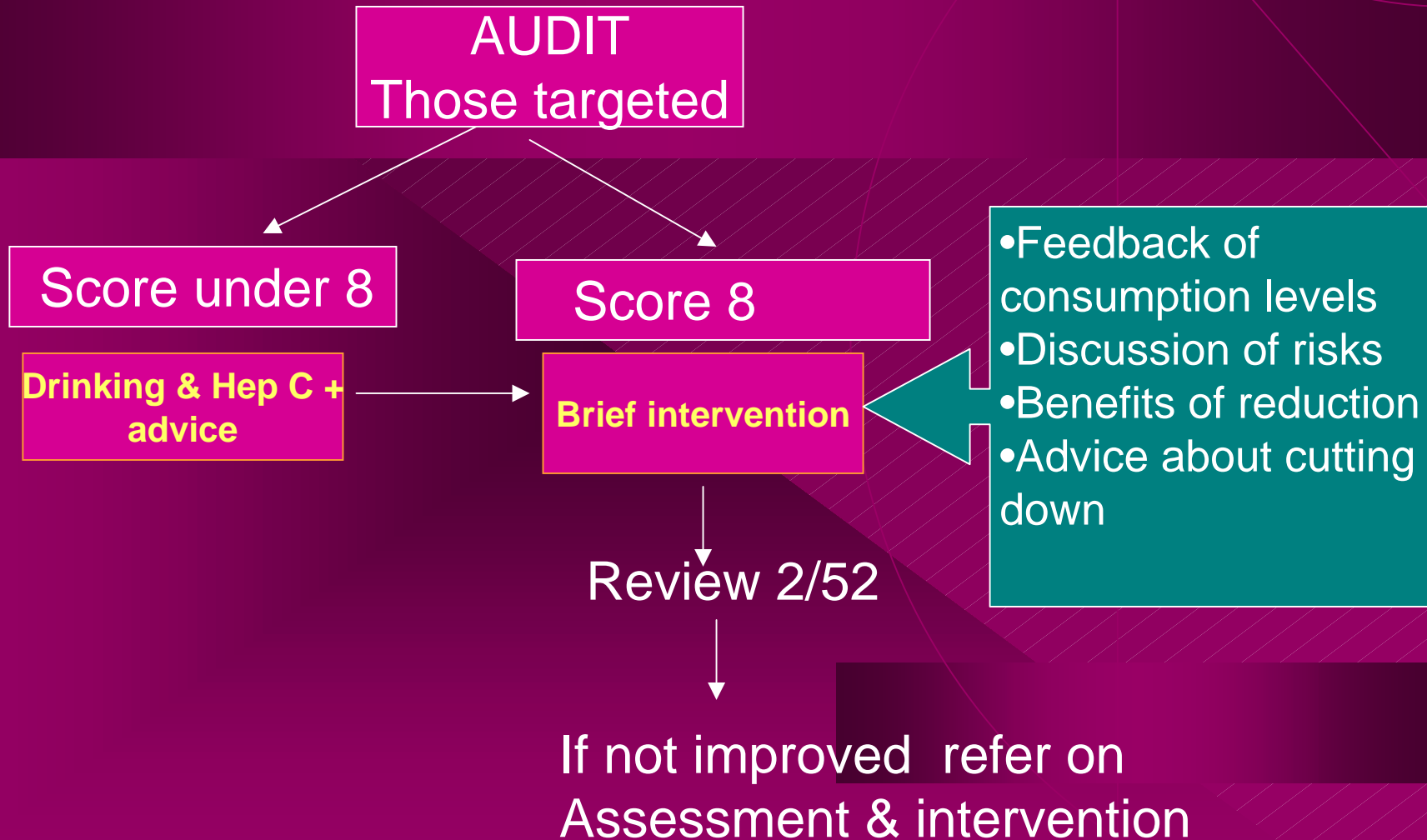
PATIENT: Because alcohol use can affect your health and can interfere with certain medications and treatments, it is important that we ask some questions about your use of alcohol. Your answers will remain confidential so please be honest.

Place an X in one box that best describes your answer to each question.

Questions	0	1	2	3	4	
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week	
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more	
3. How often do you have six or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
4. 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	
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
7. 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	
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year	
					Total	

3. Brief INTERVENTIONS

First step



Treatment: How do we put evidence together:

A Relapse Prevention framework for integrating interventions

INTRAPERSONAL
DOMAIN

INTERPERSONAL
DOMAIN

Motivational
interviewing

MOTIVATION

CRAVING

Pharmachotherapies

CBT

COPING
SKILLS

Lifestyle
interventions

SOCIAL
SUPPORT

Self help groups

EMOTIONAL
SUPPORT

SBNT

What do we need to consider

◆ Tier 1 & 2 Training:

- ◆ Needed for targeted screening & brief interventions
- ◆ Alcohol targets in
- ◆ future linked to other health targets
- ◆ Choosing health: 1 Alcohol post per hospital

Tier 2

◆ Well trained & motivated workforce

- ◆ Train on engagement : Behaviour change skills
- ◆ Train to be a trainer for others
- ◆ Extensively of treatment : Case management , Follow- up & Aftercare
- ◆ Screening Brief intervention skills for all staff in drug services

◆ Tier 3 & 4

- ◆ Trained on effective interventions :MI , SBNT, relapse Prevention, 12 step
- ◆ Supervision: recorded supervision to maintain quality

Training & supervision

Further Information

www.alcoholconcern.org.uk

www.howsyourdrink.co.uk

www.downyourdrink.co.uk