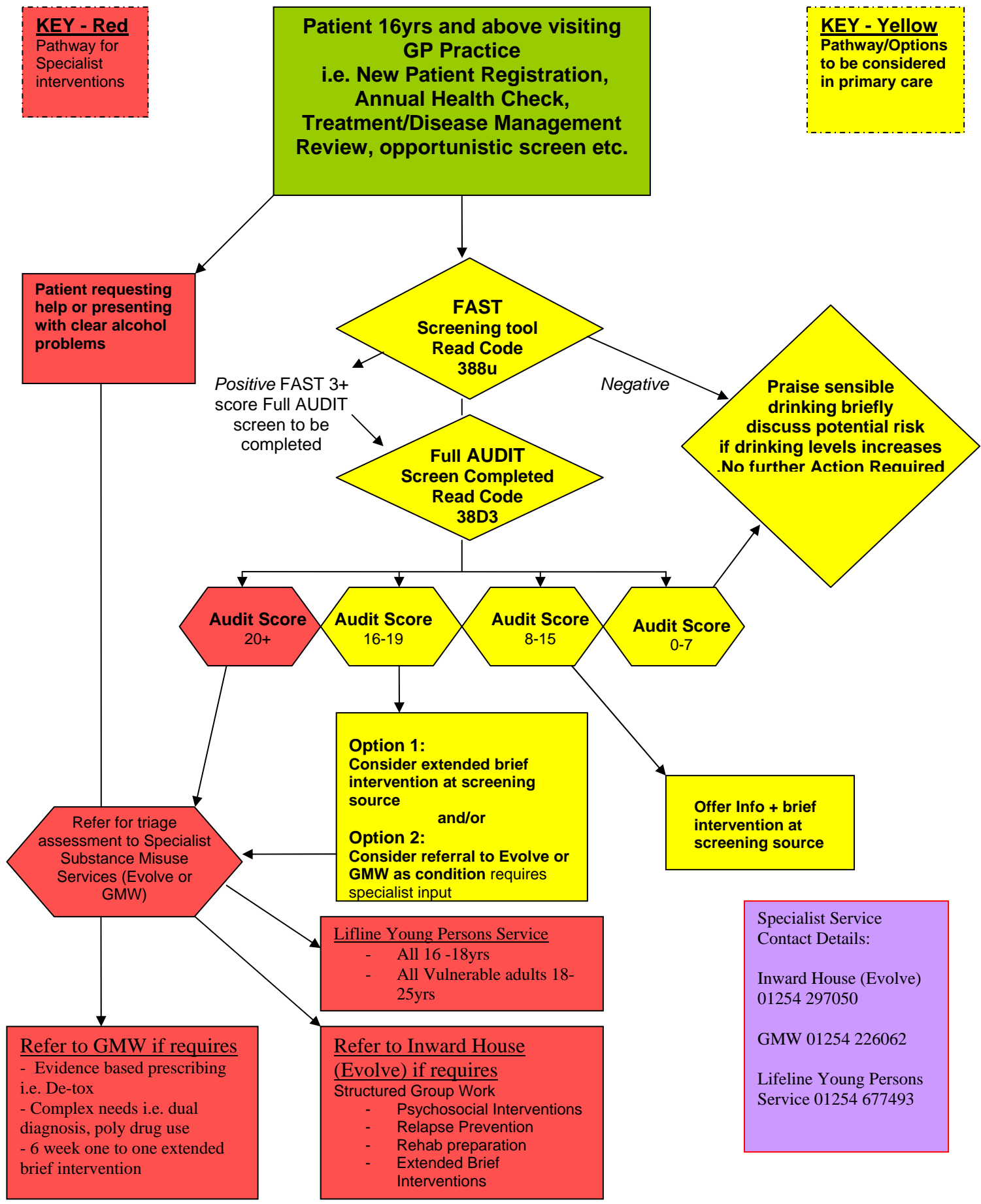


# Primary Care Alcohol Screening, Identification and Intervention Pathway

**KEY - Red**  
Pathway for Specialist interventions

**KEY - Yellow**  
Pathway/Options to be considered in primary care



# Primary Care Alcohol Screening, Identification and Intervention Pathway – Accompanying Information

The following information should be discussed with patients after completion of alcohol screen

Risk	Men	Women	Comments
<b>Lower-Risk</b> (Sensible Drinking)  <b>Audit Score 0-7</b>	<b>Not regularly drinking &gt; 3-4 units per day</b>	<b>Not regularly drinking &gt; 2-3 units per day</b>	Praise Sensible Drinking
<b>Increasing Risk</b> (Hazardous Drinking)  <b>Audit Score 8-15</b>	<b>Regularly exceeding &gt; 3-4 units per day</b>	<b>Regularly exceeding &gt; 2-3 units per day</b>	For both Increasing and Higher Risk patients are progressively at increasing risk of: <ul style="list-style-type: none"> <li>• Low energy</li> <li>• Memory loss</li> <li>• Relationship problems</li> <li>• Depression</li> <li>• Insomnia</li> <li>• Impotence</li> <li>• Injury</li> <li>• Alcohol dependence</li> <li>• High blood pressure</li> <li>• Liver disease</li> <li>• Cancer</li> </ul> <p><b>Increasing risk:</b> ensure above risks are discussed with patient, deliver a brief intervention</p> <p><b>Higher risk:</b> ensure above risks are discussed with patient, deliver an extended brief intervention, may need to also consider referral to specialist service</p>
<b>Higher Risk</b> (Harmful Drinking)  <b>Audit Score 16+</b>	<b>Regularly exceed &gt; 8 units per day or regularly drinking &gt; 50 units per week</b>	<b>Regularly exceed &gt; 6 units per day or regularly drinking &gt; 35 units per week</b>	

**Footnote – Dependant drinkers should be referred for a Specialist Intervention**

## Along with above other risk factors to be considered and discussed

While discussing with patients their alcohol consumption levels consider important factors such as social, medical, psychiatric co-morbidity before final treatment decisions are made

Also there are times when patients will be at risk even after one or two units.

For example:

- With strenuous exercise,
- Operating heavy machinery,
- driving
- If they are taking other certain medication.

## Also

Women who are pregnant or trying to conceive, it is recommended that they avoid drinking alcohol. **But if they do drink**, it should be no more than 1-2 units once or twice a week and they should avoid getting drunk.

### **If Audit Score Indicates Increasing Risks**

Screening score suggests drinking is at a rate that increases risk of harm and might be at risk of problems in the future this should be discussed with patients.

### **If Audit Score Indicates Higher Risk**

Screening score suggests drinking is at a rate that is likely to be impacting on the individual currently or at high risk of problems in the future. Individuals whose screening score indicates higher risk, a referral to specialist service may need to be discussed with patient as appropriate, although not necessary as extended brief intervention could be delivered at source of screening. If referral for specialist intervention is required, primary interventions may also be necessary as part of a co-ordinated treatment plan which will need to be considered.

### **What about Dependent Drinkers.**

All patients screened as dependant drinkers (audit score of 20+) will require a referral to a specialist service. However, a stepped approach may be necessary by accessing other intermediate services/input as appropriate to the individual patient need ensuring a co-ordinated treatment plan approach.

When referring to specialist alcohol services the following should be considered for appropriateness.

### **Greater Manchester West (GMW), Adult Substance Misuse Services, Regent House, Regent St, Blackburn, BB1 6BH - Telephone No 01254 226062**

Do the patients require a clinical intervention such as a prescribed de-tox or have complex needs requiring clinical support, or require a structured one-to-one extended brief intervention? GMW offer triage assessments at a number of community venues, appointments can be arranged for patients at these venues.

### **Inward House (Evolve), 3 Exchange St, Blackburn, BB1 7JN – Telephone No 01254 297050**

If patients have no clinical requirement relating to their alcohol use, you can refer to Inward house for structured group work, psychosocial interventions, relapse prevention or rehabilitation preparation.

### **Lifeline Young Peoples Services, 68-70 Darwen St, Blackburn, BB2 2BL – Telephone No 01254 677493**

Patients 16-18yrs requiring a referral to a specialist should be referred to Lifeline. Patients aged 18-25yrs who are considered to be vulnerable may also be referred to Lifeline.

**If still in doubt of most appropriate service, give the services a call and discuss the referral with them.**

### **Useful links and resources**

[www.nhs.uk/units](http://www.nhs.uk/units)

[www.alcohollearningcentre.org.uk](http://www.alcohollearningcentre.org.uk)

[www.dh.gov.uk](http://www.dh.gov.uk)

[www.ncl.ac.uk/ihs/news/item/?brief-interventions-alcohol-and-health-improvement](http://www.ncl.ac.uk/ihs/news/item/?brief-interventions-alcohol-and-health-improvement)