Brief Advice Training
Training Objectives

By the end of today you will:

➢ Be able to give 5 minutes brief advice
➢ Be able to use the Brief Advice Tool
➢ Be familiar with and be able to issue the Patient Information Leaflet (PIL) “How Much is Too Much”
➢ Be able to refer patient for a Brief Lifestyle Counselling appointment with the Alcohol Health Worker
What is Brief Advice?

➢ It is simple structured advice which raises awareness around harmful drinking patterns and the associated effects.

➢ Aims to introduce and evoke change, by providing individuals with information about their drinking and how they may reduce their consumption to sensible drinking levels.
The Target Groups:

- Hazardous (Increased Risk)
- Harmful (High Risk)
- Binge drinkers
These are often the people we think of:

- Under-age drinkers
- Young men
- Homeless
- Young women
- Students
Alcohol can affect anyone
Principles of Brief Advice

- Empathic
- Avoid labelling
- Understand there are pre-conceptions: both clinicians and patient
- Supportive
- Non threatening / non confrontational
- Body language & speech tone
Using the Brief Advice Tool

This is one standard drink...

...and each of these is more than one standard drink.

This table tells you if you are at risk from drinking alcohol.

<table>
<thead>
<tr>
<th>Risk</th>
<th>Men</th>
<th>License</th>
<th>Common Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Risk</td>
<td>21 units or fewer per week or up to 4 units per day</td>
<td>14 units or fewer per week or up to 3 units per day - with two alcohol-free days</td>
<td>Increased sensation, Reduced risk of illness, Sociality</td>
</tr>
<tr>
<td>Increased Risk</td>
<td>22 - 48 units per week or regular drinking of more than four units per day</td>
<td>15 - 35 units per week or regular drinking of more than three units per day</td>
<td>Less energy, Depression, Anxiety, Insomnia, Liver, Heart, High blood pressure</td>
</tr>
</tbody>
</table>
| High Risk     | 53 or more units per week | 35 or more units per week | All of the above and...

Making your plan

<table>
<thead>
<tr>
<th>What targets should you aim for?</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Year 1</strong></td>
<td>4 or less standard drinks daily</td>
<td>3 or less standard drinks daily</td>
</tr>
<tr>
<td><strong>Year 2</strong></td>
<td>2 alcohol-free days a week</td>
<td>2 alcohol-free days a week</td>
</tr>
</tbody>
</table>

The benefits of cutting down

- Physical
  - Reduced risk of injury
  - Reduced risk of high blood pressure
  - Reduced risk of cancer
  - Reduced risks of liver disease
  - Reduced risks of brain damage
  - Sleep better
- **Mood**
  - More energy
  - Lower weight
  - No hangovers
  - Improved memory
  - Better physical shape

Psychological/Social/Financial

- Improved mood
- Improved relationships
- Reduced risks of drink driving
- Save money

How do you feel?

Your screening score suggests you appear to be drinking at a rate that increases your risk of harm and you might be at risk of problems in the future. What do you think?
Brief Advice Delivery Structure

1. Start with general information regarding drinking that increases risk of harm.

   “Your drinking places you at an increased level of risk, you can work out where you would fit in this table by counting the units you drink… some of the effects of drinking at this level could be…”

2. Give the patient an opportunity to consider what this means to them.

   “How do you feel about this?”

3. Show the patient how their drinking compares with the general population.

4. Go through the benefits of reducing drinking.

5. Look at strategies for reducing drinking.

6. Discuss the sensible drinking targets they should aim for.
Patient Information Leaflet

How Much Is Too Much?

Drinking and you

HOW MUCH IS TOO MUCH?

Alcohol Service

555 5555 5555

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The aim of the PIL

➢ An intervention in itself
➢ Contains useful information regarding personal alcohol use
➢ Is not confrontational or judgmental.
➢ Free resource for people to take away
➢ Easy to read format
Issuing the Patient Information Leaflet (PIL) & Referral to AHW

➢ The PIL & referral to an Alcohol Health Worker must be delivered in the same manner for each patient.
➢ When handing over the PIL please say:

“This leaflet describes what we have just discussed in more detail. Please take this away and read through it. There are contact details on the back should you need further help/advice. We are also offering 20 minute appointments with our Alcohol Health Worker to give people an opportunity to discuss their drinking further. We would like to offer you this opportunity and make an appointment for you”

➢ Thank the patient, inform them they will receive a letter from the research team in 2 weeks that will contain a £10 voucher.
Alcohol Health Worker - Brief Lifestyle Counselling

➢ At the end of this intervention the patient will be referred to an Alcohol Health Worker for Brief Lifestyle Counselling.

➢ Brief Lifestyle Counselling is a 20 minute brief intervention that will be delivered by an Alcohol Health Worker that is based in your A&E Department.

➢ The aim of Brief Lifestyle Counselling is to give the patient an opportunity to think about their drinking, reducing their alcohol consumption to recommended levels, and their confidence at succeeding.
Appointment Process

➢ Arrange an appointment for the patient to return within one week to see the SIPS Alcohol Health Worker

➢ SIPS appointment diary and appointment cards are located at AED Reception
Role Play

MR WILSON,
YOU'RE A FULL-BODIED DRinker, NICEly MATURED AND SHOWING A GENERous NOSE.
SUMMARY

- Delivering Brief Advice and PIL for hazardous and harmful drinkers has shown to be **effective** in reducing alcohol-related harm.

- Brief Advice and PIL is deliverable in 5 minutes.

- For this study Brief Advice and PIL must be delivered in the same manner for each patient.