

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:

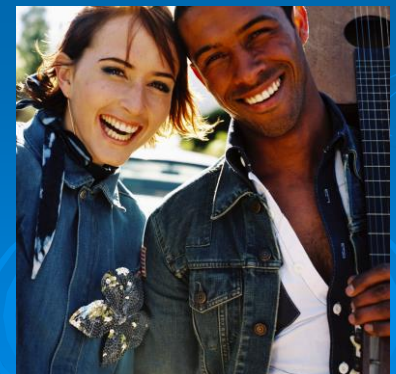
- Hazardous (Increased Risk)
- Harmful (High Risk)
- Binge drinkers

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...



Half pint of regular beer, lager or cider



One small glass of wine



One single measure of spirits



One small glass of sherry



One single measure of aperitifs

How many standard drinks do you drink in a week?

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



A pint of regular beer, lager or cider



A pint of premium beer, lager or cider



Alcopop or a can/bottle of regular lager



440ml can of premium lager or strong beer



440ml can of super strength lager



175ml glass of wine



Bottle of wine

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

Risk	Men	Women	Common Effects
LOW RISK	21 units or fewer per week or up to 4 units per day - with two alcohol-free days	14 units or fewer per week or up to 3 units per day - with two alcohol-free days	<ul style="list-style-type: none"> Increased relaxation Reduced risk of heart disease Sociability
INCREASED RISK	22 - 49 units per week or regular drinking of more than four units per day	15 - 35 units per week or regular drinking of more than three units per day	<ul style="list-style-type: none"> Less energy Depression/stress Insomnia Impotence Risk of injury High blood pressure
HIGH RISK	50 or more units per week	36 or more units per week	<ul style="list-style-type: none"> All of the above and... Memory loss Risk of liver disease Risk of cancer Risk of alcohol dependence

Binge drinking is considered to be drinking twice the daily limit in one sitting (8 units for men, 6 units for women).

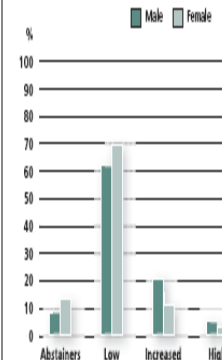
There are times when you will be at risk even after two or three drinks. For example, when exercising, operating heavy machinery, driving or if you are on certain medication.

If you are pregnant, it is recommended that you completely abstain from drinking alcohol.

As well as keeping to weekly and daily limits, it is recommended that two days of the week should be alcohol-free.

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?

What's everyone else like?



Making your plan

- Plan activities and tasks at those times you usually drink
- When bored or stressed have a workout instead of drinking
- Explore other interests such as cinema, exercise, etc.
- Avoid going to the pub after work
- Have your first drink after starting to eat
- Quench your thirst with non-alcohol drinks before alcohol
- Avoid drinking in rounds or in large groups
- Switch to low alcohol beer/lager
- Take smaller sips
- Avoid or limit the time spent with "heavy" drinking friends

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
- More energy
- Lose weight
- No hangovers
- Improved memory
- Better physical shape

Psychological/Social/Financial

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

What targets should you aim for?

Men
4 or less standard drinks daily
21 or less standard drinks weekly
2 alcohol free days a week

Women
3 or less standard drinks daily
14 or less standard drinks weekly
2 alcohol free days a week
(No drinks advised during pregnancy)

Dependant drinkers
No drinks are safe



Brief advice about alcohol risk

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.

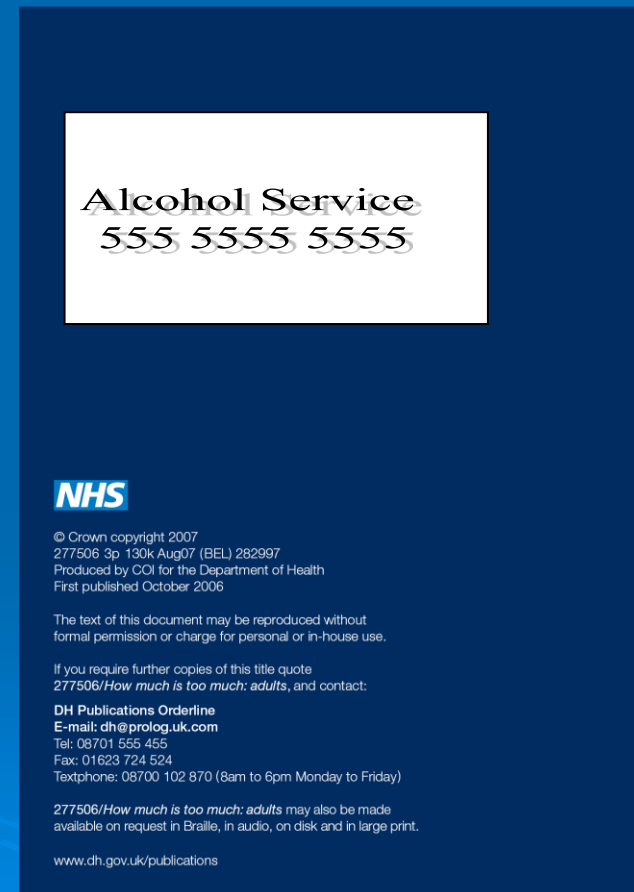
“ How do you feel about this?”

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?



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



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.