

# THE STORY SO FAR

Rachel Cloudesley

Ruth Cooke

Moya Forsythe

Original post came from a report by the Royal College of Physicians Alcohol Can the NHS afford it?

1998 General Household survey=1/3 men+1/5women over recommended limits.

Approx 2-12% of total NHS expenditure = visible burden

Approx 20% other admissions drinking Hazardously

Early detection..help withdrawal management in dependent drinkers..intervene harmful hazardous to prevent future admission.

# Royal College of Physicians 2001

➤ Alcohol:

Can the NHS afford it?



# Camden & Islington Acute Hospitals

Royal Free  
Hospital

Ruth Cooke

No previous alcohol  
service

Whittington  
Hospital

Rachel Cloudesley

Previously ½ day per  
week alcohol nurse

University College  
Hospital

Moya Forsythe

Previously ½ day per  
week alcohol nurse

# FAST Screening Tool

For the following questions please **circle** the answer which best applies.

**1 drink = ½ pint of beer or 1 glass of wine or 1 single spirits**

1. **MEN:** How often do you have **EIGHT** or more drinks on one occasion?

**WOMEN:** How often do you have **SIX** or more drinks on one occasion?

<b>0</b> Never	<b>1</b> Less than Monthly	<b>2</b> Monthly	<b>3</b> Weekly	<b>4</b> Daily or almost daily
└───┘		└───┘		└───┘

**No Further  
Action**

**Ask questions 2, 3 & 4**

**Give booklet and offer referral**

2. How often during the last year have you been unable to remember what happened the night before because you had been drinking?

<b>0</b> Never	<b>1</b> Less Than Monthly	<b>2</b> Monthly	<b>3</b> Weekly	<b>4</b> Daily or almost daily
-------------------	----------------------------------	---------------------	--------------------	--------------------------------------

3. How often during the last year have you failed to do what was normally expected of you because of drinking?

<b>0</b> Never	<b>1</b> Less Than Monthly	<b>2</b> Monthly	<b>3</b> Weekly	<b>4</b> Daily or almost daily
-------------------	----------------------------------	---------------------	--------------------	--------------------------------------

4. In the last year has a relative or friend, or a doctor or other health worker been concerned about your drinking or suggested you cut down?

<b>0</b> No	<b>2</b> Yes, on one occasion	<b>4</b> Yes, on more than one occasion
----------------	----------------------------------	---

**FINAL SCORE =**

**If final score is more than 3, please offer  
booklet and referral.**

**Booklet Given**  **Referral given to Moya Forsythe**  **Declined Referral**

# BRIEF INTERVENTIONS

- Benefits – The client should be aware of the *benefits* of sensible drinking.
- Risk factor – investigation into alcohol as a *risk factor* clients current situation can raise awareness.
- Intentions – clarify the client's future *intentions*.
- Empathise – the practitioner should *empathise* and retain a non-judgemental attitude.
- Feedback – the practitioner should give the client *feedback* on their levels of consumption.



**REALITY  
CHECK  
AHEAD**

# The Reality

Initial Idea

V

Hospital Expectation



© Original Artist  
Reproduction rights obtainable from  
[www.CartoonStock.com](http://www.CartoonStock.com)



*JUST REMEMBER, FIRST WE TELL THEM TO BELIEVE IN PREVENTION  
THEN WE TELL THEM TO BELIEVE IN MEDICINE, THEN PRAYER*

# Frequently asked questions

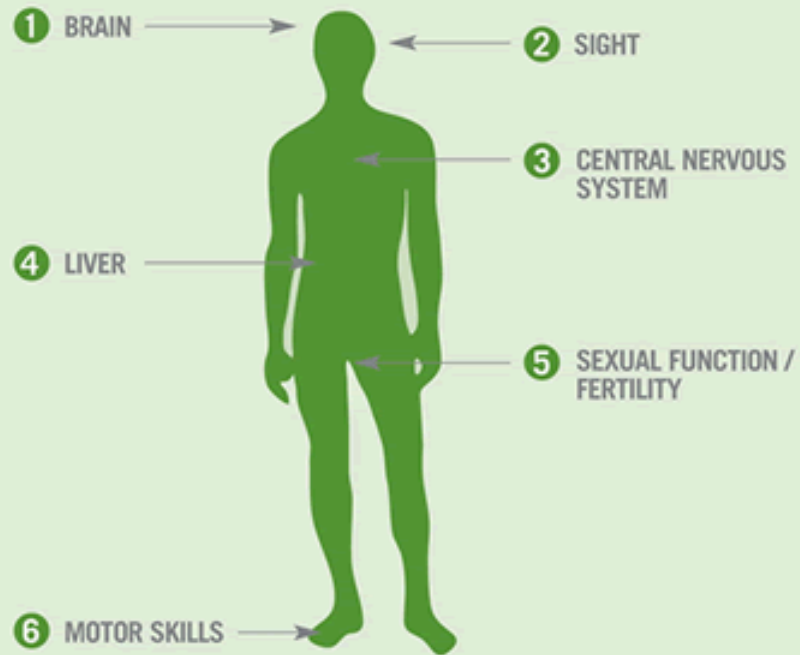
- Can we fast track rehab for patients?
- Can we continue Detox on discharge?
- Can we Provide housing for NFA patients or alternative housing for hostel patients?
- Can you stop this patient drinking?

# Helpful Hints

- Profile
- Training
- Consistency
- Be Patient
- Communication



## THE EFFECTS OF ALCOHOL ON THE BODY



- ① Impaired judgement, short-term memory loss and dementia.
- ② Blurred vision.
- ③ Alcohol depresses part of the central nervous system and can result in mood swings, intoxication and lack of co-ordination.
- ④ Cirrhosis of the liver.
- ⑤
  - For men, impotence and infertility.
  - For women, infertility.
  - For pregnant women, alcohol can affect the development of the foetus.
- ⑥ Co-ordination.

# What we have developed

- Raised awareness amongst hospital staff around alcohol issues
- Training programmes
- Closer liaison with partner agencies
- Individual referral routes
- Discharge planning
- Communication between C&I hospitals
- Steering groups and forums
- Outpatient clinics

# New Additions

Pilot project A+E Royal Free & UCH

Commissioned two years PAT screening and  
Brief Intervention

Angela O'Shea and Lea Paget

PCT funded A+E Alcohol specialist at  
Whittington Hospital

# Don't Panic!!!!!!!

- This is a LONG process
- You will be asked who you are (even after 4 years!)





