

# Information for patients and carers

## Alcohol Advice

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue. The top band is a light blue, the middle is a medium blue, and the bottom is a dark blue.

A health professional has completed an assessment of your alcohol intake using the AUDIT C tool, a validated tool to help look at whether your alcohol intake may be causing you some problems.

	<b>Scoring system</b>					
<b>Question</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>Your score</b>
<b>How often do you have a drink containing alcohol?</b>	Never	Monthly or less	2-4 times per month	2 to 3 times per week	4 or more times per week	
<b>How many units of alcohol do you drink on a typical day when you are drinking?</b>	0-2	3-4	5-6	7-9	10 or more	
<b>How often have you had 6 or more units if female, or 8 units if male, on a single occasion in the last year?</b>	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	

## What does your score mean?

**0-4** According to your responses to the questions you are currently drinking alcohol at low risk levels within the nationally recommended guidelines.

**5-7** According to your responses you could be drinking in a way that may be considered hazardous or harmful to yourself or others around you, therefore the nursing staff have provided you with this leaflet and may have discussed some of the effects alcohol may have on your health.

**8-12** If you are currently or going to be an inpatient in the hospital you may benefit from further assessment by the Tobacco and Alcohol Care Team (TACT). TACT are a team of specialist nurses and advisors who can provide advice and interventions based on a more comprehensive assessment. If you haven't already been offered TACT, ask a nurse to get in contact with them for you. A score of 8 or above indicates hazardous or harmful drinking and occasionally a more serious alcohol dependency. It is important to seek medical advice if you are dependent on alcohol before attempting to cut down or stop. If you are an outpatient or reading this at home and wish to seek further advice, please contact the community alcohol service on telephone no: **0808 1698673**.

## Useful tips for cutting down how much you drink

- Avoid drinking in 'rounds'
- Dilute your drinks
- Start drinking later
- Change the type or strength of your drink
- Avoid heavy drinking situations
- Alternate alcoholic drinks with soft drinks
- Abstain and be the designated driver

## The benefits of cutting down

- Psychological/Social/Financial
- Improved mood
- Improved relationships
- Reduced risks of drink driving
- Save money
- Sleep better
- More energy
- Lose weight
- No hangovers
- Reduced risk of injury
- Improved memory
- Reduced risk of high blood pressure
- Reduced risk of cancer
- Reduced risks of liver disease

## Contact details

### Local alcohol services:

#### Inspire Drug and Alcohol Support

Support with problematic behaviours, addiction, health or lifestyle difficulties.

Telephone: **0808 169 8673**

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

#### Alcoholics Anonymous (AA)

Peer support for people with alcohol problems.

Telephone: **0800 9177 650**

[www.alcoholics-anonymous.org.uk/AA-Meetings](http://www.alcoholics-anonymous.org.uk/AA-Meetings)

#### We are with you

Support for children or young people up to the age of 25 years.

Telephone: **0808 1640 074**

[www.wearewithyou.org.uk/services/lancashire-for-young-people-preston/](http://www.wearewithyou.org.uk/services/lancashire-for-young-people-preston/)

## **Al-Anon**

For people effected by someone else's drinking.

Telephone : **0800 0086 811**

[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

**Should you require further advice or information please contact:**

Tobacco and alcohol care team at

[Tobaccoalcohol.careteam@lthtr.nhs.uk](mailto:Tobaccoalcohol.careteam@lthtr.nhs.uk)

## **Sources of further information**

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

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

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

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

[www.nhs.uk/live-well/alcohol-advice](http://www.nhs.uk/live-well/alcohol-advice)

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[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

**Please ask a member of staff if you would like help in understanding this information.**

**This information can be made available in large print, audio, Braille and in other languages.**

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**Division:** Surgery

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