

ALCOHOL PROBLEMS

- It is not normally the role of the Sandyford to offer a major alcohol reduction programme. However high alcohol intake can lead to high risk sexual behaviour. It can be a symptom of depression which may also contribute to sexual risk behaviour.
- Wherever possible clinic staff should offer some assistance to clients who have identified a drinking problem, but this should usually be in partnership with other agencies that provide a greater depth of support and intervention.
- Please remember there is a specific alcohol counsellor attached to the Young People's service who can offer assistance, support and advice. Telephone: 0141 232 8447.

Basic Alcohol Problem Screening Tool

Recognising people with **alcohol** related problems can be difficult. To help you decide whether a significant problem may exist, you can ask the following questions:

1. How often do you have a drink containing alcohol?

Never	0
Monthly or less	1
Two to four times a month	2
Two to three times a week	3
Four or more times a week	4

2. How many drinks containing alcohol do you have on a typical day when you drink?

1 or 2	0
3 or 4	1
5 or 6	2
7 to 9	3
10 or more	4

3. How often during the last year have you found that you were not able to stop drinking once you had started?

Never	0
Less than monthly	1
Monthly	2
Weekly	3
Daily or almost daily	4

TOTAL:

A total score of 5 or more suggests that the client is at risk from alcohol.

If you find a high score and have time, enquire about:

- **Amount** of alcohol consumed in units. Always enquire about quantity and type of drink.

Drink	Alcohol by Volume	Volume	Units
Buckfast	15%	750ml	11.3
Bacardi Breezer	5.4%	275ml	1.5
Hooch	5.1%	330ml	1.7
Reef	5.0%	275ml	1.3
Smirnoff Ice	5.5%	275ml	1.5
Red Square	5.5%	275ml	1.5
After Shock	40%	30ml (shot)	1.2
Vodka (Smirnoff)	37%	1 Litre	37
		700ml	26.3
		Half Bottle	13
		Quarter bottle	6.5
Whisky	40%	1 Litre	40
		700ml	28
		Half bottle	14
		Quarter bottle	7
Tennents Lager, Becks, Budweiser, Fosters	5%	Pint	2.8
		Can (440ml)	2.2
		Bottle (330ml)	1.7
White Lightning	7.5%	2 Litres	15
Thunderbird Red	17.5%	750 ml	13
Holsten Pils	6.0%	Pint	3.4
		Can (440ml)	2.6
		Bottle (330ml)	2.0
MD	13.5%	70cl bottle	9.5
Diamond White	8.2%	275ml bottle	8.2
Strongbow	8.0%	Pint	4.5
		Can (440ml)	3.5
		Bottle (330ml)	2.6
Electric White	8.4%	Pint	4.8
		Can (440ml)	3.7
		Bottle (330ml)	2.8
Tennents Super Lager	5.0%	Can (440ml)	4
Frosty Jack	7.5%	2 litres	15

- **Time** of first alcoholic drink of the day. Regular morning or lunchtime drinking is a concern.
- **Pattern** of drinking: problem drinking is characterised by the establishment of an unvarying pattern of daily drinking.
- Presence of **withdrawal symptoms** such as early morning shakes, nausea or depression.
- **Occupation.** (Some occupations have a particular association with alcohol)
- Possible markers of problem drinking.
 - Being overweight
 - Poor sleep
 - Depression, anxiety
 - Poor concentration, memory loss, blackouts.
 - Frequent arguments with partner
 - Sexual difficulties such as impotence.
 - Shortage of money

(these can all be alcohol related and linking them may help the client to have insight into the basis for their problem)

Check **MCV and γ GT**: the combination will detect about 75% of people with an alcohol problem, while **γ GT** alone detects only about 33%.

If the client agrees that s/he has a problem and is motivated to take action, move on to Brief Intervention. If not, ask the client to reflect on the issue and offer the opportunity to discuss it again if possible.

Brief Intervention

Brief interventions are typically aimed at the non dependant drinker who may be drinking hazariously.

Feedback: Provide feedback to patients regarding their drinking habits. This feedback should include any physical and laboratory findings that are consequences of drinking.

Advice: Explicit advice to reduce drinking needs to be given. Also, education about levels of drinking that are moderate should be discussed. The drinking goal needs to be negotiated by the clinician and patient. The goal can be written – in the form of a prescription to be followed.

Commitment: Brief intervention to emphasize the patient's responsibility and opportunity to choose to change. Telling the patient, "No one can make you change. What you do about your drinking is up to you." is important in placing the commitment to change in the hands of the patient.

Tracking: Follow up of the intervention is important and may involve telephone calls, and a second appointment. Follow up allows you to assess progress (or lack of progress), identify problems that may impede successful change, offer further support this may include referral to outside agency.

It should be made clear that the aim of future consultations is to support the client in a transitional phase, rather than to become their main support agency.

- If at contemplation, use a drinkers diary for a week
- Establish goals for the client using his own ideas
- Discuss referral to an alcohol support agency or his GP

Performing this checklist can produce around 20% harm reduction.

- Give some information about risk of the clients current drinking, backed up with leaflets. There is a helpful self-assessment tool on the web provided by the NHS: www.downyourdrink.org

Further Support

- **For young people:** Refer to Patricia Keogh for support who will see clients up to the age of 25. Please call either 0141 232 8447 or see referral form (at end of this protocol). There are also contact cards for the client to contact Patricia Keogh.
- **For gay men:** It may be possible for him to receive further help at the SRP clinic for gay men with complex needs. Discuss this with the Project Team who can advise you if this would be appropriate. (Telephone: 0141 211 8610)

Community Addiction Team

North Community Addiction Team - G22	0141 276 4580	East Community Addiction Team - G31	0141 565 0200
West Community Addiction Team - G.15	0845 76 97 555	South East Community Addiction Team - G45	0141 276 5040
North West Community Addiction Team - G20	0141 276 6220	Homeless Addiction Team- G4	0141 552 9287
South West Community Addiction Team - G51	0141 276 8700	North East Community Addiction Team - G34	0141 276 3420
South Community Addiction Team - G51	0141 420 8100	North Community Addiction Team - G22	0141 276 4580
Greater Pollok Community Addiction Team - G43 1RT	0141 276 3010	West Community Addiction Team - G.15	0141 276 4330
Greenock Communityb Addiction Team (Bogleston Clinic)	01475 715 778		

Additional Sources Of Help And Support:

Alcohol Focus Scotland

2nd Floor 166 Buchanan Street Glasgow
G1 2LW

Tel: 0141 572 6700

Fax: 0141 333 1606

Email: enquiries@alcohol-focus-scotland.org.uk

Glasgow Council on Alcohol

Newton House 457 Sauchiehall Street
G2 3LG Glasgow
Tel: 0141 353 1800

Renfrew Council On Alcohol

0141 887 0880

Inverclyde Alcohol Services

01475 715812

Alcoholics Anonymous

Baltic Chambers

50 Wellington St

Glasgow G2 6HJ

Tel: 0141 226 2214

National Helpline: 0845 76 97 555

Drug Crisis Centre Turning Point

Tel: 0141 420 6969

Lomond Drug Problem Service

Dumbarton Joint Hospital

Cardross Road

DUMBARTON G82 5JA

Tel: 01389 604128

Substance Misuse Team (East Renfrewshire)

Lygates House

224 Ayr Road, Newton Mearns

GLASGOW G77 6DR

Tel: 0141 577 3368

Renfrewshire Drug Service

10 St James Street

PAISLEY PA3 2HT

Tel: 0141 889 1223

Inverclyde Community Drugs Team Social Work

Office

32 Nicolson Street Greenock PA15 1UL Telephone:

01475 715778

AI- Anon(family & friends)

22 Mansfield Street

GLASGOW

G11 5QP

Tel: 0141 339 8884

Note that for clients who may prefer a gay support agency, alcoholics anonymous runs gay men's' groups in both Glasgow and Edinburgh and women's only groups

**YOUNG PERSONS ALCOHOL AND DRUG SUPPORT WORKER REFERRAL FORM
FOR YOUNG PEOPLE UP TO 25YRS OF AGE TEL 0141 232 8447**



Name:		D.O.B:	
Address:		Date of referral:	

Reason for referral :



Illicit drug use	YES or NO	Alcohol binge episodes	YES or NO
Cannabis use	YES or NO	Solvents	YES or NO
Alcohol & Drug use	YES or NO	Other (please explain)	YES or NO

Support for young person who is worried about a parent's or family members' alcohol or drug use **YES or NO**

What time appointment would be most suitable: (Please circle most suitable)

Evening	Weekend	During the day	After school
---------	---------	----------------	--------------

In exceptional circumstances appointments can be made outwith Sandyford, please explain

Referred through:

Nurse (The Place) <input type="checkbox"/>	Doctor (F.P.) <input type="checkbox"/>	Doctor(The Place) <input type="checkbox"/>	Nurse (F.P.) <input type="checkbox"/>
Nurse (S.R.P.) <input type="checkbox"/>	Nurse (G.U.M.) <input type="checkbox"/>	Youth Worker <input type="checkbox"/>	Health Advisor <input type="checkbox"/>
Doctor (S.R.P.) <input type="checkbox"/>	Counsellor <input type="checkbox"/>	Doctor (G.U.M.) <input type="checkbox"/>	Nurse (other) <input type="checkbox"/>
Other <input type="checkbox"/>	Doctor (other) <input type="checkbox"/>	C.A.M.H. Team	

Please use this space if you wish to provide further information :

Referring Clinician contact details :

Please forward this to: **Patricia Keogh, The Place Sandyford Initiative, 2/6 Sandyford Place
Glasgow G3 7NB**