

ALCOHOL SCREENING TOOL

1 unit is typically:

Half-pint of regular beer, lager or cider; 1 small glass of low ABV wine (9%); 1 single measure of spirits (25ml)

UNIT GUIDE



The following drinks have more than one unit:

A pint of regular beer, lager or cider, a pint of strong / premium beer, lager or cider, 440ml regular can cider/lager, 440ml "super" lager, 250ml glass of wine (12%)



The following questions are validated as screening tools for alcohol use

AUDIT- C Questions	Scoring system					Your score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week	
How many standard drinks containing alcohol do you have on a typical day when you are drinking?	1 -2	3-4	5-6	7-9	10+	
How often do you have 6 or more standard drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
TOTAL :						<input type="text"/>

A score of **less than 5** indicates *lower risk drinking* (see overleaf)

Scores of 5+ requires the following 7 questions to be completed:

AUDIT Questions (after completing 3 AUDIT-C questions above)	Scoring system					Your score
	0	1	2	3	4	
How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you needed an alcoholic drink in the morning to get you going?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or regret after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Have you or somebody else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	
TOTAL						<input type="text"/>

PLEASE TURN OVER for scoring & next steps >>>>>

ALCOHOL SCREENING TOOL

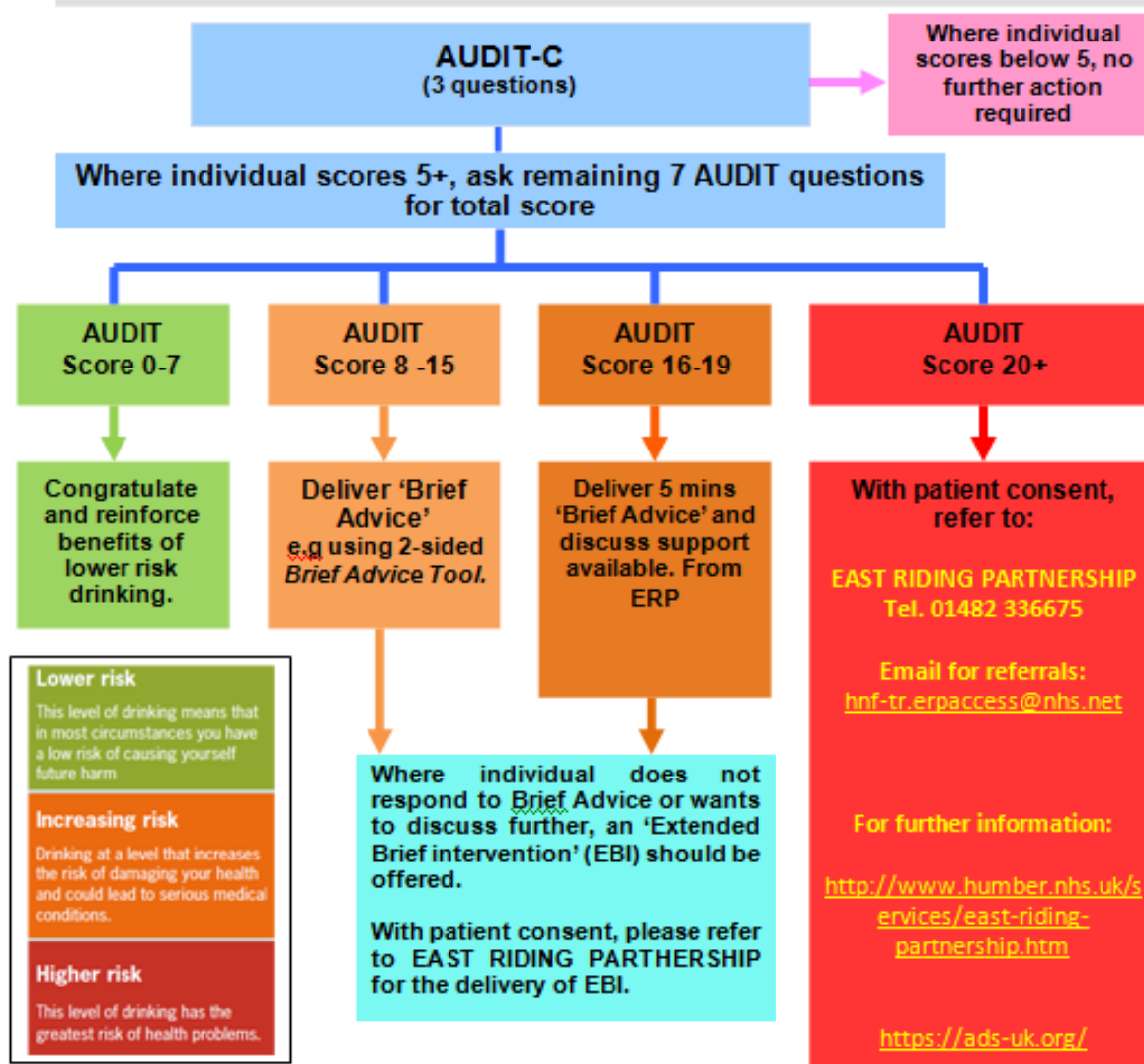
SCORING: ADD the 2 scores together to identify necessary action (e.g. Brief Advice)

AUDIT C _____ + AUDIT _____ =

"Based on your answers, your drinking places you in the ... risk category."
(for 8+ scores lead to Brief Advice with) "How do you feel about that?"

AUDIT SCORE	RISK CATEGORY	DESIRED ACTION
0-7	Lower risk	= No intervention required
8-15	Increasing risk	= Brief Advice
16-19	Higher risk	= Brief Advice and/or extended BA
20+	Possible dependence	= Referral to services (see below)

Brief Intervention (IBA) pathway



For Brief Intervention/IBA tools and e-learning visit www.alcohollearningcentre.org.uk and see 'topics' > 'IBA'

This is one unit...

For more detailed information on calculating units see - www.nhs.uk/Livewell/alcohol/Pages/alcohol-units.aspx

How many units did you drink last week?

- Half pint of "regular" beer, lager or cider: 2 units
- Half a small glass of wine: 1 unit
- 1 single measure of spirits: 1 unit
- 1 small glass of sherry: 1 unit
- 1 single measure of aperitifs: 1 unit
- A pint of "strong" or "premium" beer, lager or cider: 3 units
- Alcopop or a 275ml bottle of regular lager: 1.5 units
- 440ml can of "regular" lager or cider: 2 units
- 440ml can of "super strength" lager: 4 units
- 250ml glass of wine (12%): 3 units
- Bottle of wine (12%): 9 units

...and each of these is more than one unit



There is no completely safe level of drinking and drinking even small amounts of alcohol can incur risk in certain circumstances

For example, with strenuous exercise, operating heavy machinery, driving or if you are on certain medications.

If you are pregnant or planning a pregnancy, the safest approach is not to drink alcohol at all.

Drinking in pregnancy can harm the baby, with the more you drink the greater the risk.

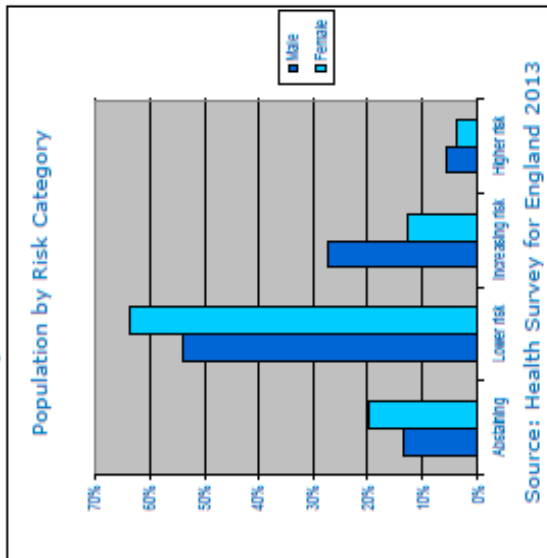
The risk of harm to the baby is likely to be low if a woman has drunk only small amounts of alcohol before she knew she was pregnant or during pregnancy.

More information is available from One You: www.nhs.uk/oneyou

Score	Risk	What this means	Common Effects
1-4 on AUDIT-C* OR 1-7 on AUDIT**	Low risk drinking	Adults who don't regularly drink more than 14 units per week, spread over three or more days, are at low risk of harm from drinking.	<ul style="list-style-type: none"> Increased relaxation Sociability Sensory enjoyment of alcoholic drinks
5-7 on AUDIT-C* OR 8-15 on AUDIT**	Increasing risk drinking	Drinking in this way raises your long-term risk of ill health.	<p>Progressively increasing risk of:</p> <ul style="list-style-type: none"> Low energy Relationship problems Depression Insomnia Impotence Injury High blood pressure Breast, mouth and throat cancers Alcohol dependence Liver disease
8-10 on AUDIT-C* OR 16-19 on AUDIT**	Higher risk drinking	Drinking in this way is likely to be affecting your health or wellbeing in some way already.	
11-12 on AUDIT-C* OR 20-40 on AUDIT**	Possibly dependent	Your drinking may have become quite problematic and further assessment by an alcohol specialist is advised.	

*Short 3 question AUDIT questionnaire. **Full 10 question AUDIT questionnaire

What's everyone else like?



Making your plan

- Have several 'drink-free' days, when you don't drink at all
- When you do drink, set yourself a limit and stick to it
- Quench your thirst with non-alcoholic drinks before and in-between alcoholic drinks
- Avoid drinking in rounds or in large groups
- Eat when you drink - have your first drink after starting to eat
- Switch to lower alcohol beer/lager
- Avoid going to the pub after work
- Plan activities and tasks at those times you would usually drink
- When bored or stressed do something physical instead of drinking
- Avoid or limit the time spent with "heavy" drinking friends

The potential benefits of cutting down

Psychological/Social/Financial

- Improved mood
- Improved relationships
- More time for hobbies and interests
- Reduced risk of drink driving
- Save money

Physical

- Sleep better
- More energy
- Lose weight
- Reduced risk of injury
- Improved memory
- Better physical shape
- Reduced risk of high blood pressure
- Reduced risk of cancer
- Reduced risk of liver disease
- Reduced risk of brain damage

What targets should you aim for?

There is no completely safe level of drinking, but by sticking within these guidelines, you can lower your risk of harming your health:

- Adults are advised not to regularly drink more than 14 units a week
- If you do drink as much as 14 units in a week, spread this out evenly over 3 or more days.

What's your personal target?



This brief advice is based on the "How Much Is Too Much?" Simple Structured Advice Intervention Tool, developed by Newcastle University and the Drink Less materials originally developed at the University of Sydney as part of a W.H.O. collaborative study.