

## Delivering alcohol and tobacco screening & brief advice to improve recovery and prevent ill health

CQUIN – Preventing Risky Behaviour – Alcohol and Smoking. To improve quality of patient care, NHS England has prioritised the delivery of alcohol identification and brief advice and tobacco very brief advice to patients in acute, mental health and community healthcare settings. SWFT is taking action. In step with NICE guidance, the required actions are to:

- screen adult inpatients for level of alcohol consumption
- give inpatients who consume alcohol at increasing or higher risk levels brief advice on the harm and benefit of cutting down
- refer inpatients with possible alcohol dependence for specialist assessment and treatment
- screen adult inpatients for smoking status
- give inpatients who smoke advice on the best ways to improve their chances of quitting
- refer inpatients who smoke for specialist support and offer stop smoking medication
- accurately record this information in patient records (audits of patient records will occur).

Implemented well, these interventions have the potential to reduce recovery times, reduce hospital admissions, improve management of chronic conditions, reduce risk of chronic disease, and save the NHS a substantial amount of money. The cost savings are estimated at £13 per patient referred to stop smoking support and prescribed NRT (each year over four years) and £27 per patient receiving alcohol brief advice (each year over four years).

SWFT is committed to embedding these practices and asks **all staff to play their part**. Please find attached an introduction pack including a scratch-card for the AUDIT C screening tool, the NHS Alcohol Brief Advice leaflet and the British Heart foundation smoking cessation leaflet to familiarise yourself. There will be further, full training available to all staff prior to commencing the CQUIN. Nurses are asked to undertake these activities during the nursing assessment process or when deemed appropriate and to record these activities in patient records.

## The interventions are effective and brief and do not require specialist expertise

Alcohol Identification and Brief Advice and Tobacco Very Brief Advice aim to identify and influence patients whose alcohol consumption may be harming their health and/or who smoke.

### Tobacco Very Brief Advice (VBA)

- All smoking is harmful -

To deliver VBA, simply:

1. ASK – and record smoking status - Is the patient a current-smoker, ex-smoker or a never-smoker?
2. ADVISE – on the best way of quitting. The best way to improve your chances of stopping smoking is with a combination of medication and specialist support.
3. ACT – by offering referral to specialist support and prescribing medication if appropriate. All people who smoke should be offered a referral to an effective smoking cessation intervention, of which 30% are likely to accept services. Patients should then be actively referred back to their GP.

Support: Further CQUIN training will be available, in addition, free VBA Training is available the National Centre for Smoking Cessation.

### Alcohol Identification and Brief Advice (IBA)

- More than 14 units per week can be harmful to health -

To deliver IBA, simply:

1. Ask and complete the three AUDIT-C questions located in the nursing assessment and score their answers.
2. Feed back to the patient what their score indicates about their health risk.
3. For patients who drink above low-risk levels (but who are not dependent), provide a patient information leaflet with information about harm, benefit and cutting down.
4. For patients who are identified as potentially dependent drinkers, refer to Hospital Substance Misuse Practitioner , Sam Adaway by mobile on 07500 809743) Mon-Fri 8-4pm. Alternatively, complete the internal referral form found in the Substance misuse folder found on each ward and send via internal mail to A&E dept.

Support: Further full IBA Training will be available to all staff on relevant wards.

**Don't forget to record the interventions**