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Brief Advice & Extended Brief Interventions

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Brief Advice or Brief Intervention

FRAMES - six essential elements

- **Feedback** - provides feedback on the client's risk for alcohol problems
- **Responsibility** - the individual is responsible for change
- **Advice** - advises reduction or gives explicit direction to change
- **Menu** - provides a variety of options for change
- **Empathy** - emphasises a warm, reflective and understanding approach
- **Self-efficacy** - encourages optimism about changing behaviour

Brief Advice

- 5 – 10 minutes in duration
- Content
 - Understanding units
 - Understanding risk levels
 - Knowing where they sit on the risk scale
 - Benefits of cutting down
 - Tips for cutting down

Understanding Units



Units and you



**ALCOHOL
KNOW YOUR
LIMITS**

SHOULD NOT REGULARLY EXCEED	
MEN	WOMEN
3-4 <small>UNITS PER DAY</small>	2-3 <small>UNITS PER DAY</small>

How drinking affects your health



Did you know that if you regularly exceed your recommended daily alcohol limit, you increase the risk of having a stroke through high blood pressure?

Units. They all add up.



PINT LAGER: ABV 5.2%
3 UNITS



PINT BITTER: ABV 4%
2.3 UNITS



WHITE WINE (175ml): ABV 13%
2.3 UNITS



BOTTLE LAGER: ABV 5.2%
1.7 UNITS

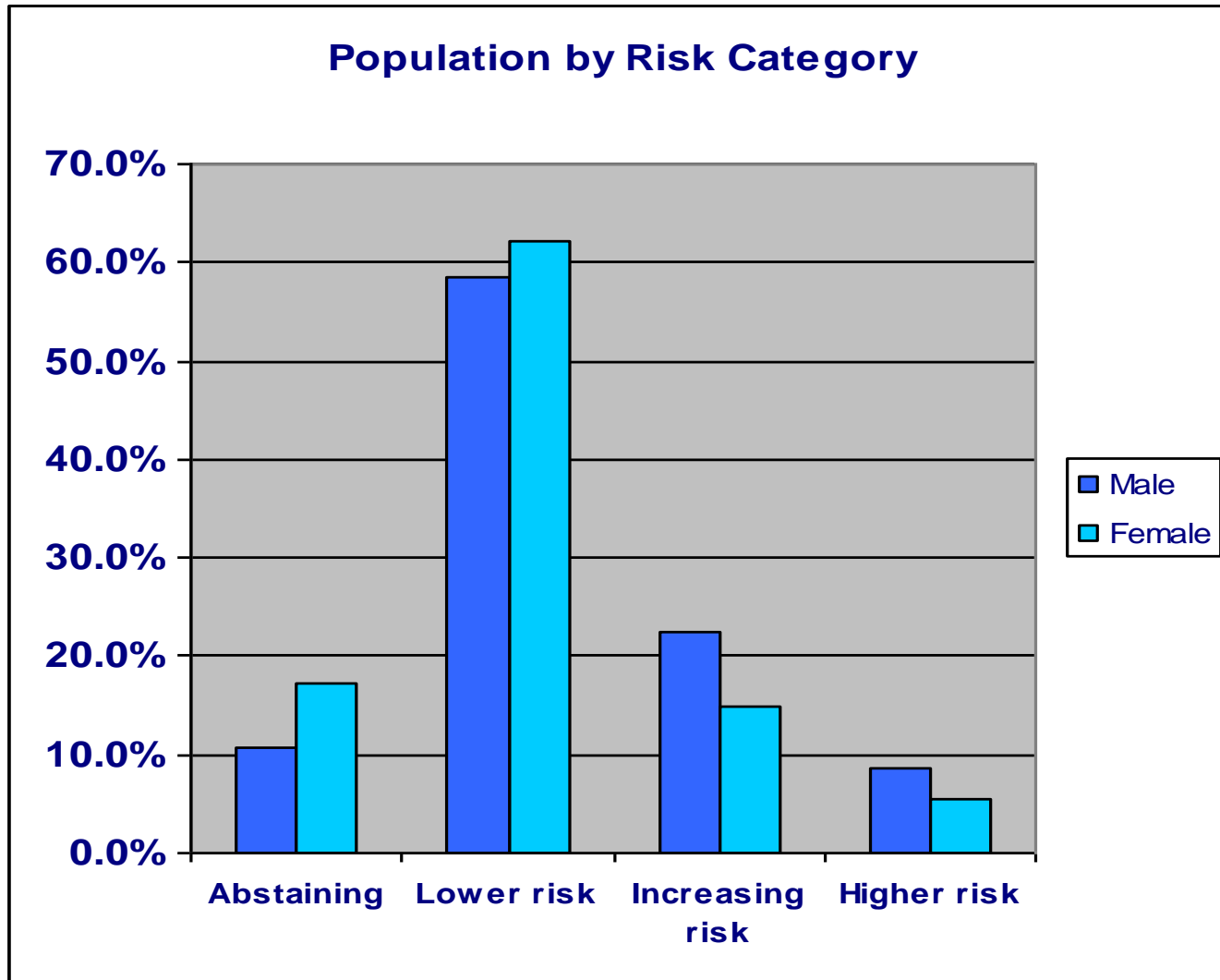


BOTTLE OF WINE: ABV 13.5%
10 UNITS

Risk Levels

<i>Risk</i>	<i>Men</i>	<i>Women</i>
Lower Risk	No more than 3-4 units per day on a regular basis	No more than 2-3 units per day on a regular basis
Increasing Risk	4 or more units per day on a regular basis	3 or more units per day on a regular basis
Higher Risk	8 or more units per day on a regular basis or 50+ units per week	6 or more units per day on a regular basis or 35+ units per week

Where do they sit?



Benefits of cutting down



Physical

- Reduced risk of injury
- Reduced risk of high blood pressure
- Reduced risk of cancer
- Reduced risks of liver disease
- Reduced risks of brain damage
- Sleep better
- More energy
- Lose weight
- No hangovers
- Improved memory
- Better physical shape

Psychological/Social/Financial

- Improved mood
- Improved relationships
- Reduced risks of drink driving
- Save money

Tips for cutting down



- Have an alcohol-free day once or twice a week
- Plan activities and tasks at those times you usually drink
- When bored or stressed have a workout instead of drinking
- Explore other interests such as cinema, exercise, etc.
- Avoid going to the pub after work
- Have your first drink after starting to eat
- Quench your thirst with non-alcohol drinks before alcohol
- Avoid drinking in rounds or in large groups
- Switch to low alcohol beer/lager
- Avoid or limit the time spent with “heavy” drinking friends

This is one unit...

For more detailed information on calculating units see - www.units.nhs.uk/



Half pint of regular beer, lager or cider



1 very small glass of wine(9%)



1 single measure of spirits



1 small glass of sherry



1 single measure of aperitifs

How many units did you drink today?

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



A pint of "regular" beer, lager or cider



A pint of "strong"/ "premium" beer, lager or cider



Alcopop or a 275ml bottle of regular lager



440ml can of "regular" lager or cider



440ml can of "super strength" lager



250ml glass of wine (12%)



Bottle of wine (12%)

Risk	Men	Women	Common Effects
Lower Risk	No more than 3-4 units per day on a regular basis	No more than 2-3 units per day on a regular basis	<ul style="list-style-type: none"> •Increased relaxation •Sociability •Reduced risk of heart disease (for men over 40 and post menopausal women)
Increasing Risk	More than 3-4 units per day on a regular basis	More than 2-3 units per day on a regular basis	<p>Progressively increasing risk of:</p> <ul style="list-style-type: none"> •Low energy •Memory loss •Relationship problems •Depression •Insomnia •Impotence •Injury •Alcohol dependence •High blood pressure •Liver disease •Cancer
Higher Risk	More than 8 units per day on a regular basis or more than 50 units per week	More than 6 units per day on a regular basis or more than 35 units per week	

There are times when you will be at risk even after one or two units. For example, with strenuous exercise, operating heavy machinery, driving or if you are on certain medication.

If you are pregnant or trying to conceive, it is recommended that you avoid drinking alcohol. But if you do drink, it should be no more than 1-2 units once or twice a week and avoid getting drunk.

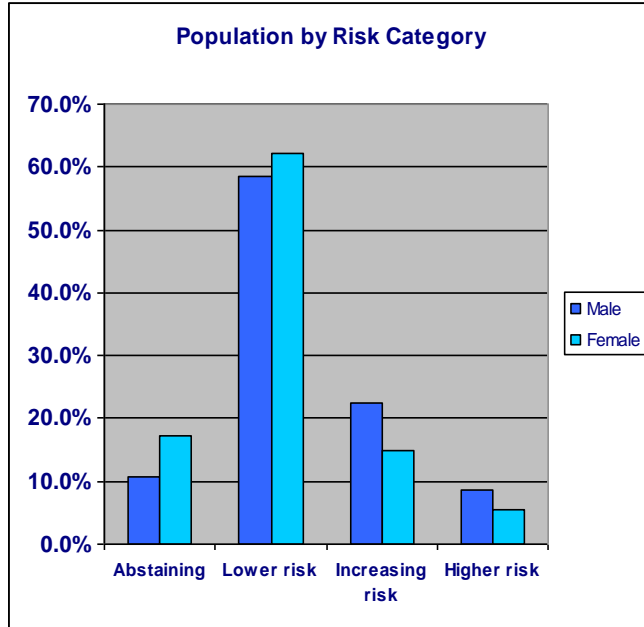
Your screening score suggests you are drinking at a rate that increases your risk of harm and you might be at risk of problems in the future.

What do you think?



What's everyone else like?

% of Adult Population



Making your plan

- When bored or stressed have a workout instead of drinking
- Avoid going to the pub after work
- Plan activities and tasks at those times you would usually drink
- When you do drink, set yourself a limit and stick to it
- Have your first drink after starting to eat
- Quench your thirst with non-alcohol drinks before and in-between alcoholic drinks
- Avoid drinking in rounds or in large groups
- Switch to low alcohol beer/lager
- Avoid or limit the time spent with "heavy" drinking friends

The benefits of cutting down

Psychological/Social/Financial

- Improved mood
- Improved relationships
- Reduced risks of drink driving
- Save money

Physical

- Sleep better
- More energy
- Lose weight
- No hangovers
- Reduced risk of injury
- Improved memory
- Better physical shape
- Reduced risk of high blood pressure
- Reduced risk of cancer
- Reduced risks of liver disease
- Reduced risks of brain damage

What targets should you aim for?

Men

Should not regularly drink more than 3–4 units of alcohol a day.

Women

Should not regularly drink more than 2–3 units a day

'Regularly' means drinking every day or most days of the week.

You should also take a break for 48 hours after a heavy session to let your body recover.

What is 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.



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Brief Lifestyle Counselling

Brief Lifestyle Counselling



- 20 – 30 minutes in duration
- Interactive exchange
 - How important is it for you to reduce your drinking?
 - If you decided to reduce your drinking, how confident are you that you would succeed?
 - What might be the not so good things about reducing your drinking?
 - What might be the good things about reducing your drinking?

Six-step plan

1. Identify good reasons for changing: Can you think of 2-3 good reasons?
2. Set yourself a goal to achieve change: Is this achievable?
3. Recognise difficult times or situations: When might be the hardest times?
4. Prepare for difficult times/ situations: Think of a way of dealing with hard times?
5. Find Someone to support you: Is there a family member/ friend who might help?
6. Stick to your goals – but remember, nobody's perfect! If at first you don't succeed, try again.

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Extended Brief Interventions

MoCAM



- Tier 1: Alcohol-related information and advice
 - Provide simple brief interventions
- Tier 2: Open access, non care-planned interventions
 - Provide extended brief interventions and brief treatments
- Extended brief interventions comprise a series of structured interviews (between three and twelve) in general or non-alcohol specialist settings.
- Such interventions could be delivered as part of shared care or partnership working with specialist treatment providers.

Effectiveness Review



- Extended brief intervention typically takes 20-30 minutes to deliver and can involve a small number of repeat sessions.
- **EVIDENCE:** Compared with 5 minutes of simple advice, the WHO collaborative study found no evidence for the greater effectiveness of an additional 15 minute brief counselling or of extended counselling over three more sessions (Babor and Grant, 1992)
- **CONCLUSION:** There are no firm grounds for concluding that longer or more intensive interventions were superior to minimal interventions.

- Compared two treatments
- Social behaviour and network therapy (SBNT)
 - 50 Minute sessions
 - Weekly for 8 weeks
- Motivational enhancement therapy (MET)
 - 50 Minute sessions
 - 3 sessions over 8 weeks

My view



- Extended Brief Interventions are really Brief Treatment
- They are a Tier 3 activity
 - Tier 3: Community based, structured, care-planned
- They should count as treatment
 - Be reported to the NATMS

Useful Links



- IBA e-Learning module & Alcohol Learning Centre
<http://www.alcohollearningcentre.org.uk/>
- SIPS Research Programme
<http://www.sips.iop.kcl.ac.uk/index.php>
- Materials, Units Calculator and Drink Check
<http://www.alcoholstakeholders.nhs.uk/>