

Alcohol Liaison Service (page 1 of 3)



What we do

Hospital admissions due to alcohol related problems are becoming increasingly common.

The purpose of the Alcohol Liaison Team is to give you the opportunity to look at the way alcohol may be affecting your life.

You will be offered a session with an Alcohol Liaison Nurse (as either an inpatient or outpatient) where you can have an informal discussion with a member of the team. You may then be offered further follow up sessions if this is felt to be appropriate.

The sessions are private, confidential and on a one to one basis.

The sessions will include

- information about alcohol
- review of your current drinking pattern
- opportunity to look at your current drinking patterns and at possible ways of making a change
- referral to other organisations if this is felt to be appropriate and you agree
- time to discuss any concerns or answer any questions you may have.

After the session, you should have a greater understanding of the effect your drinking has on yourself, others, and how to avoid high risk drinking situations.

Current alcohol recommendations

- maximum of 14 units each week spread over at least 3 days
- no alcohol when pregnant

One unit of alcohol is equivalent to half a pint of 4% regular beer, lager or cider, 1 small glass (125ml 9%) wine, 1 single measure of spirits, 1 small glass of sherry or 1 single measure of aperitifs.

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

	men	women
Lower risk	Less than 14 units a week spread evenly across 3 or more days	Less than 14 units a week spread evenly across 3 or more days
Increasing risk	15 - 49 units per week	15 - 34 units per week
Higher risk	More than 50 units per week (or more than 8 units per day on a regular basis)	More than 35 units per week (or more than 6 units per day on a regular basis)
Alcohol Dependence	Drinking behaviour characterised by an inner drive to consume alcohol, continued drinking despite harm and commonly withdrawal symptoms on stopping drinking	

How do I get referred?

- you can ask to be referred to us at any point during your time in hospital by asking any member of the nursing or medical staff
- alternatively you can self refer by calling the service on the number below
- choosing to see the nurse is completely voluntary.

Did you know?

- alcohol is not a stimulant, it's a depressant and can affect the way medication is absorbed
- the higher the percentage of alcohol the more units in that drink
- a healthy liver works hard to get rid of the alcohol in your body but it still takes 1 hour to get rid of 1 unit of alcohol. Each standard glass of wine will take 2 hours to leave your system.

Useful contacts

Alcohol

Turning Point (Wiltshire Substance Misuse Service)

0345 603 6993

<http://www.turning-point.co.uk/wiltshire-substance-misuse-service>

AA (National helpline)

0845 769755

<http://www.alcoholics-anonymous.org.uk>

AA Wiltshire Meetings

01380 729064

<http://www.nhs.uk/livewell/alcohol>

<http://www.drinkaware.co.uk>

Alcohol Liaison Nurse

01722 336262 Ext. 2574

Carers

For Families (local support for families affected by addiction)

01747 832015

<http://www.actiononaddiction.org.uk>

Carers Support Wiltshire

01380-871690

AL-ANON (If you are worried about someone else's drinking)

02074 030888

Mental Health

Wiltshire IAPT Service (psychological support and courses)

01722 820267

<https://iapt-wilts.awp.nhs.uk>

Samaritans

08457 909090

SPLITZ (local domestic abuse support)

01225 775276

Domestic Violence (24hr national helpline)

08082 000247

Alcohol Liaison Nurse

01722 336262 Ext. 2574