

Gastroenterology

About the Hospital Alcohol Care Team

The Alcohol Care Team at University Hospital is a nurse-led service which provides help and support to patients whose admission to hospital is alcohol related.

It is a timely opportunity for patients to receive practical help and advice on their alcohol use and, for those that need it, they can be referred to appropriate community services.

The aim is to:

- Look at the causes of hospital admission;
- Raise awareness of safe levels of alcohol consumption;
- Raise awareness of the effects of alcohol misuse;
- Address changes to lifestyle in order to prevent further damage to your health;
- Reduce further admissions to hospital caused by alcohol;
- Make referrals to community based services.

The types of support which can be offered will include:

- An assessment of current alcohol consumption;
- An explanation of how consumption which is in excess of current recommended guidance may be causing significant health risks;
- Assisted detoxification (if admitted to hospital with a medical condition);
- Referral to community services where advice, support, detoxification and rehabilitation programmes may be carried out.



Patient Information

How can the service be accessed:

- Patients whose alcohol consumption may be putting their health at risk are identified by clinical staff. Alcohol may or may not be the reason for their hospitalisation;
- With the permission of the patient, they will be referred to the hospital's Alcohol Care Team ;
- Patients who are aware they have alcohol issues can ask the staff caring for them to refer them to the Alcohol Care Team ;
- Patients can contact the service direct.

Knowing your units

Units are used to measure the alcohol content of the drinks we consume.

The current government guidance is:

People should not drink more than the weekly unit guidelines of **14 units of alcohol for men and 14 units of alcohol for women**. 14 units is equivalent to 6 pints of average-strength beer or 10 small glasses of lower-strength wine.

People are also recommended to take a break from alcohol for 48 hours after a heavy drinking session to let their bodies recover. .

One unit is 10 ml of pure alcohol - the amount of alcohol the average adult can process within an hour. This means that if the average adult drinks a drink with one unit of alcohol in it, within an hour there should in theory be no alcohol left in their bloodstream, but that length of time could differ depending on a person's body size.

Further information

Useful Links

www.drinkaware.co.uk/

Patient Information

Alcohol Units

<http://www.nhs.uk/Livewell/alcohol/Pages/alcohol-units.aspx>

<https://alcoholchange.org.uk/>

Contact details:

- The service is available Monday to Friday, 8.00am - 4.00pm
- Contact telephone: 024 7696 5564 (ext. 25564)
- Email: julius.mukarati@uhcw.nhs.uk

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5564 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History

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