

## Gastroenterology

# About the Hospital alcohol care team

**The alcohol care team at University Hospital is a nurse-led service that provides help and support to patients whose hospital admission is related to alcohol use.**

The service offers a timely opportunity for patients to receive practical help and advice on their alcohol use. For those who need additional support, referrals can be made to appropriate community services.

### **The aim is to:**

- Look at the causes of hospital admission related to alcohol use.
- Raise awareness about safe levels of alcohol consumption.
- Increase understanding of the effects of alcohol misuse.
- Encourage lifestyle changes to prevent further damage to your health.
- Reduce the number of further hospital admissions due to alcohol.
- Make referrals to community-based services for ongoing support.

### **The types of support available include:**

- Assessment of current alcohol consumption
- An explanation of how exceeding current recommended guidelines may be causing significant health risks
- Assisted detoxification - Support with detoxification if you are admitted to the hospital with a related medical condition
- Referral to community services where advice, support, detoxification and rehabilitation programmes may be carried out



## Patient Information

### How to access the service:

- 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 patient's permission, they can be referred to the hospital's alcohol care team.
- Patients who are aware they have alcohol-related issues can ask the staff caring for them to refer them.
- Patients can also contact the service directly.

### Knowing your units

Units are used to measure the alcohol content in the drinks we consume. Understanding these units can help you make informed decisions about your alcohol intake and promote safer consumption habits.

### Current Government guidance

The current government guidelines recommend that individuals should not drink more than **14 units of alcohol per week** for both men and 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 at least 48 hours after a heavy drinking session to allow your body to recover.

### Understanding Alcohol Units

One unit of alcohol is defined as 10 ml of pure alcohol, which is approximately the amount the average adult can process within an hour. This means that if an adult consumes a drinks containing 1 unit of alcohol, in theory, there should be no alcohol left in their bloodstream after an hour. However, the actual time it takes to process alcohol can be vary depending on a person's body size and other factors.

## Patient Information

### Useful Links

#### Drinkaware:

[www.drinkaware.co.uk/](http://www.drinkaware.co.uk/)

#### Alcohol Units – NHS:

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

#### Alcohol change:

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

### Contact details:

- The service is available Monday to Sunday (Excluding Bank Holidays), 8am to 4pm
- Contact telephone: 024 7696 5564 (ext. 25564)
- Email: [actuhcw@uhcw.nhs.uk](mailto:actuhcw@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.

### Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



#### Document History

Department:	Gastroenterology
Contact:	25564
Updated:	October 2024
Review:	October 2026
Version:	5
Reference:	HIC/LFT/1842/14