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Alcohol-Related Harm in the Practice.

Citation for published version:

Holloway, A 2015, 'Alcohol-Related Harm in the Practice.', *Practice Nursing*, vol. 26, no. 1.
<https://doi.org/10.12968/pnur.2015.26.1.10>

Digital Object Identifier (DOI):

[10.12968/pnur.2015.26.1.10](https://doi.org/10.12968/pnur.2015.26.1.10)

Link:

[Link to publication record in Edinburgh Research Explorer](#)

Document Version:

Peer reviewed version

Published In:

Practice Nursing

Publisher Rights Statement:

© Holloway, A. (2015). Alcohol-Related Harm in the Practice. *Practice Nursing*, 26(1).
[10.12968/pnur.2015.26.1.10](https://doi.org/10.12968/pnur.2015.26.1.10)

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Figure 1

Types of alcohol use

Hazardous drinking

Pattern of drinking where there is an absence of any current disorder but with an increased risk of harmful consequences for the user

Harmful drinking

Patterns of consumption that has resulted in the individual already experiencing psychological, physical and social consequences

Dependent drinking

Experiencing a range of phenomena of a behavioural, cognitive and physiological nature and may include: impaired control; subjective experience of compulsion to drink; a physical withdrawal reaction when alcohol use is discontinued; increased alcohol intolerance.

(Babor et al 2001)

TABLE 1: Alcohol-related NICE clinical guidelines

NICE Clinical Guideline	Guidance
CG115 Alcohol-use disorders: diagnosis, assessment and management of harmful drinking and alcohol dependence	Evidence-based advice on the diagnosis, assessment and management of harmful drinking and alcohol dependence in young people 10-17 years and adults
CG100 Alcohol-use disorders: physical complications	Evidence-based advice on the care of adults and young people (aged 10 years and older) who have the alcohol-related problems: <ul style="list-style-type: none">• Acute alcohol withdrawal• Lack of thiamine• Liver disease• Pancreatitis
PH24 Alcohol-use disorders – preventing harmful drinking	Recommendations for practice include: <ul style="list-style-type: none">• Resources for identifying and helping people with alcohol-related problems• Assessing children and young people’s (10-15 years) ability to consent, judge their alcohol use, discussion and referral to specialist services• Identification, offering motivational support or referral to specialist services for young people aged 16-17 years• Screening, brief advice, motivational support or referral for Adults

(NICE 2010)

TABLE 2: FRAMES Framework

Component	Example
Feedback	Information from the Screening Instrument and alcohol history can be used to provide feedback about risk and impairment
Responsibility	The emphasis on personal responsibility for behaviour change is discussed
Advice	Advice about the harms associated with current levels of consumption or those above recommended levels are presented. This can often be supplemented by a leaflet that can be taken away.
Menu of options	A menu of options used for making changes to drinking patterns are presented and discussed. Agreement on specific options, targets and short-term goals
Empathy	Non-judgmental, listening, exploring, supportive, non-confrontational, how does patient perceive the situation
Self-efficacy	Patient's perception of their ability to change. Enhancing self-efficacy is key

(Miller & Sanchez 1993)