



London Ambulance Service



NHS Trust

I'll Drive to That!

Reducing the Burden of
Intoxicated Persons on
NHS EMS

February 27, 2013



Alcohol: the national picture

- Alcohol consumption increased by 50% since 1970
- £21 billion / yr in alcohol related harm
- £2.7 billion cost to the NHS
- £1 billion spent on ED attendances
- 198,900 hospital admissions



Alcohol: the national picture

- 24% of adults drink a hazardous or harmful amount of alcohol
- 41% of men and 35% of women exceeded the daily recommended limits on at least 1 day in the previous week
- Overall the equivalent of 22 units per week per person aged over 15 years of alcohol is sold in the UK



London, the LAS and Alcohol

- 1.5 million harmful drinkers
- 170,000 dependant drinkers
- 55,463 alcohol related calls in 2012
- 15% of 'cat A' calls in age group 21-30 are alcohol related
- Approx 40% ED admissions are alcohol related
- Between midnight and 0500 this rises to 70%



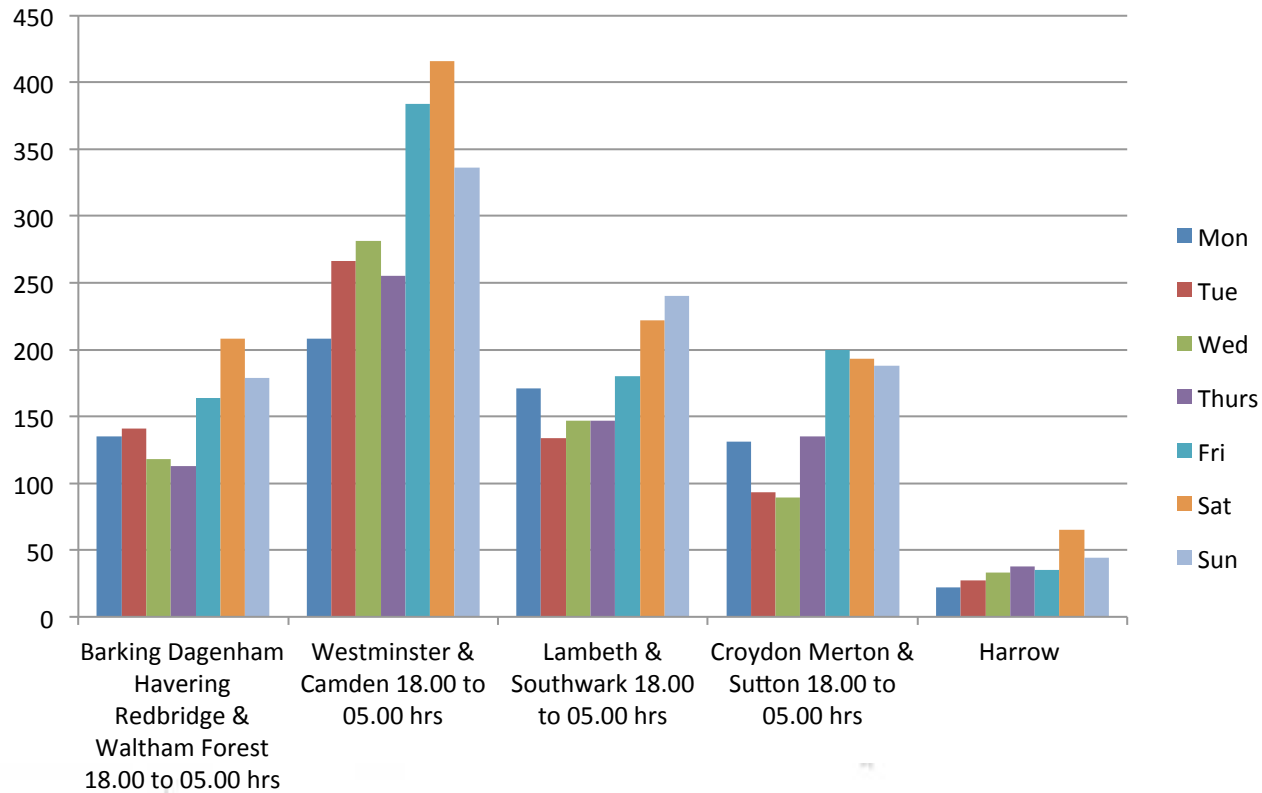
So.....?

Potential benefit in reducing demand on front line vehicles and requirement to transport to ED through:

- Dedicated vehicle
- Dedicated centres
- Health promotion trial



Where do we start?



The 'Alternative Response Vehicle' (AKA – Booze Bus)

- Dedicated to calls for intoxicated patients
- Up to 3 patients at a time
- Control, Solo responders and MPS can request
- Reduces utilisation for other frontline vehicles
- Reduces load on adjacent EDs
- Close working practice with MPS



Admission criteria

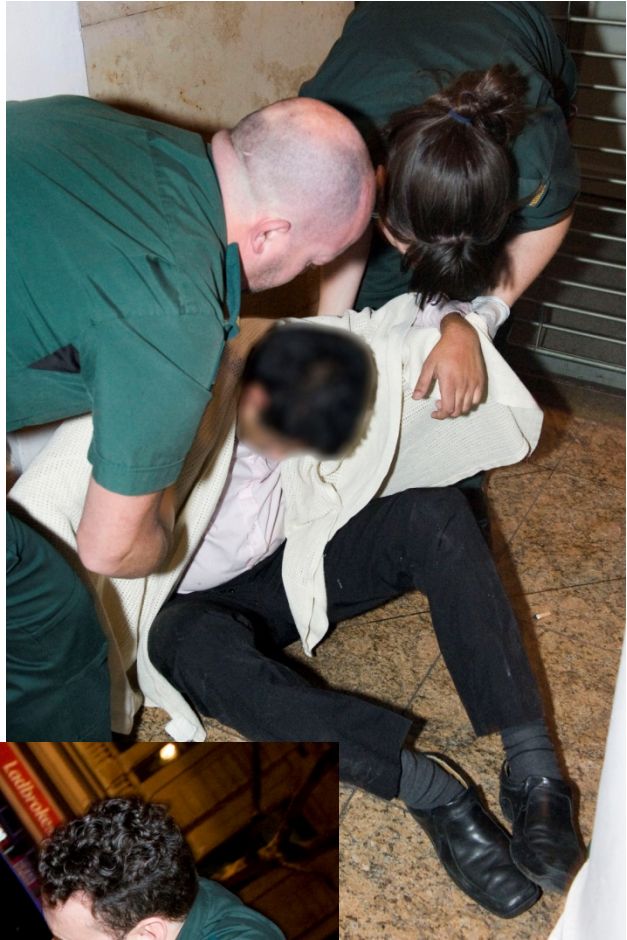
Assessed by a clinician or MPS staff as intoxicated

And:

- Glasgow Coma Score of 14 with eyes open to speech or 15 or proven evidence of just alcohol intoxication.
- Vital signs within normal parameters
- Airway, breathing and circulation stable
- No identifiable life threatening conditions, actual or potential, taking into account the mechanism of injury







The Soho 'Alcohol Recovery Centre'

- Open Thursday / Friday / Saturday nights
20:00-05:30
- > 18yrs only
- Strict criteria for patient acceptance
- Treatment / Discharge / Onward Referral
- Extra training, including positional / restraint asphyxia and excited delirium



Shift start... (20:00)



...and at 02:00



The results

- A clinically safe environment
- Reduced ED conveyance
- Reduced pressure on LAS and EDs
- Improves ambulance productivity



Health Promotion (SARC)

- Alcohol Intervention worker based at alcohol recovery centre
- All patients offered alcohol intervention
- Onward referral for follow-up if agreed
- Data collection including 'last drink' location




Audit-C Tool

- AUDIT-C (Alcohol Use Disorders Identification Test - Consumption)
- Detects hazardous and harmful drinking habits
- Patients >18 yrs only
- No restrictions on who is screened - crews clinical decision
- Formed part of routine history taking



AUDIT-C tool

LAS AUDIT-C Alcohol Screening Tool



CAD							
Date						2	0

AUDIT- C	Scoring System					SCORE
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or Less	2-4 times per month	2-3 times per week	4+ times per week	
How many units of alcohol do you drink on a typical day when you are drinking?	1-2	3-4	5-6	7-9	10+	
How often have you have 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
TOTAL						

A total score of 5 or more is positive & suggests possible higher risk drinking.

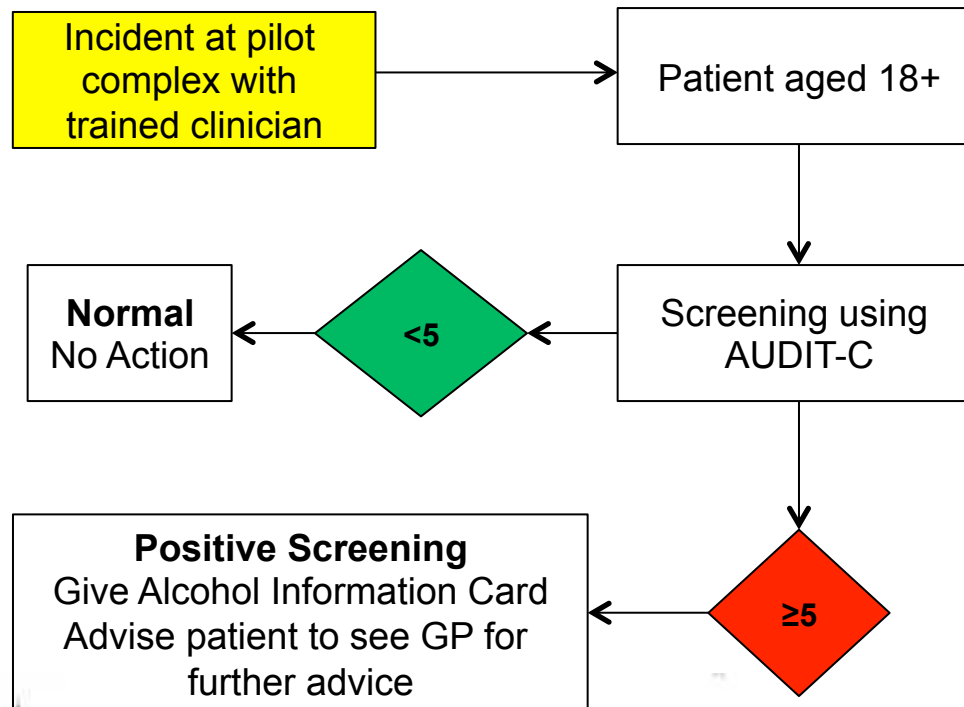
Screened negative : no further action <input type="checkbox"/>	Screened positive : Alcohol advice leaflet given to patient <input type="checkbox"/>	Patient advised to see GP <input type="checkbox"/>
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Do you consent to your personal information being used to contact you for evaluation? YES NO




Health Promotion (pilot)

130 front line staff trained at 3 stations




Training



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ALCOHOL



How much is too much?

A guide to assessing high risk alcohol use

Designed and produced by the Service Development Team


Alcohol – THE FACTS

There were 6,669 deaths in England in 2010 directly related to alcohol, an increase of 22% from 2001.¹

10 million people in England drink above the guidelines.

Up to 1 in 3 adults are at risk of alcohol related liver disease.


A unit of alcohol is defined as 8g (approximately 10ml) of ethanol. What does this really mean and why does it matter?



1 double Gin 1 pint lager 250ml glass 1 bottle

To be able to discuss alcohol consumption meaningfully there has to be a uniform measure. A small glass of wine is very much dependant on the glass and a person's view of small!!

Alcoholic drinks come in varying strengths, so a unit is used to measure quantity.



Did you know 'ABV' is the abbreviation for 'alcohol by volume' and replaced the alcohol proof measurement? Ok, it's not a fascinating fact but could be useful in a pub quiz!

Once you know the ABV you can calculate the number of units:

$$\frac{ABV(\%) \times VOLUME (mls)}{1000} = UNITS$$

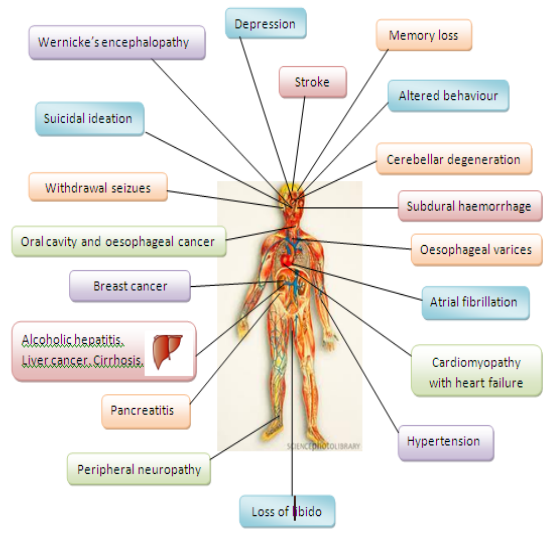
Wine 12% x 750mls/1000 = 9 UNITS

Not exactly the quickest way to work out units, to save getting a calculator out use the picture guide in your pocket alcohol aide.

Ok so units sorted but how much is too much?

Alcohol – THE CONSEQUENCES

And all of this without the physical effects of alcohol...



- Wernicke's encephalopathy
- Depression
- Memory loss
- Stroke
- Altered behaviour
- Suicidal ideation
- Cerebellar degeneration
- Withdrawal seizures
- Subdural haemorrhage
- Oral cavity and oesophageal cancer
- Oesophageal varices
- Breast cancer
- Atrial fibrillation
- Alcoholic hepatitis, liver cancer, cirrhosis
- Cardiomyopathy with heart failure
- Pancreatitis
- Hypertension
- Peripheral neuropathy
- Loss of libido

As if all this wasn't bad enough, now add in some of the social issues that can be related to excessive alcohol use... impaired performance at work, drink driving offences, relationship problems with family and friends and violent crimes such as domestic violence.



Leaflets

Drinking and you

For many of us drinking with friends and family is one of life's pleasures. But drinking can lead to short and long-term health problems. The World Health Organisation's alcohol screening test helps to identify people who may be at risk of developing alcohol-related problems.

If your score is 5 or more, please seek further advice and support on how to reduce your alcohol consumption.

Name _____ Date _____

Your drink screening score

Where to get help

drinkaware.co.uk
for the facts
Drinkline on 0800 917 82 82

NHS choices
www.nhs.uk
www.nhs.uk/livewell/alcohol

Alcoholics Anonymous
Great Britain
01904 644026
www.alcoholics-anonymous.org.uk
Or visit your GP

www.londonambulance.nhs.uk



Drinking and your health

The facts on alcohol and how to cut down



Your drink screening score

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Drinking too much

You could have a problem if

- ⊗ you get drunk regularly
- ⊗ you can't stop once you start drinking
- ⊗ you make excuses to drink
- ⊗ you are drinking alone
- ⊗ you let people down as a result of drinking
- ⊗ you get the shakes in the morning.

Drinking regularly too much alcohol can cause

- ⊗ anxiety
- ⊗ sexual problems such as impotence
- ⊗ slower breathing and heartbeat
- ⊗ accidents and injuries
- ⊗ loss of consciousness and potentially fatal poisoning.

Long term health problems caused by excessive drinking include

- ⊗ cancer, especially breast cancer
- ⊗ memory loss, brain damage and dementia
- ⊗ increased risk of heart disease and certain types of stroke
- ⊗ liver disease such as cirrhosis
- ⊗ stomach ulcers.

Cutting down

Tips for cutting down

- ✓ decide how much to drink in an evening and stick to it
- ✓ choose drinks that are not so strong
- ✓ avoid topping up so you can keep track of units
- ✓ drink water or a soft drink between alcoholic drinks
- ✓ eat a meal before drinking
- ✓ set aside alcohol free days
- ✓ take less cash out and leave cards at home
- ✓ avoid getting involved in rounds as you may end up drinking more
- ✓ avoid going out too often with others who drink heavily.

If you cut down on alcohol you

- ✓ reduce the risk of injury
- ✓ reduce the risk of high blood pressure, cancer and liver disease
- ✓ reduce the risk of sexual dysfunction
- ✓ sleep better
- ✓ have more energy
- ✓ improve your memory and your mood
- ✓ reduce emotional strain.

Know your units

People are advised to limit their drinking to reduce health risks and should not drink more than:

Women 2-3 units a day – Men 3-4 units a day

 PINT OF STRONG BEER/ALSGROUDER 5% ABEV 3 UNITS	 PINT OF LAGER 4% ABEV 2.3 UNITS	 PINT OF BITTER 5% ABEV 2.8 UNITS
 JUMBO GLASS OF RED OR WHITE WINE 15% ABEV 3.3 UNITS	 JURY BOTTLE SPIRIT AND MIXER 40% ABEV 1 UNIT	 SMALL BOTTLE SPIRIT AND MIXER 40% ABEV 2 UNITS
 JURY BOTTLE ALKO POP 4% ABEV 1.4 UNITS	 JURY CAN OF LAGER 3.5% ABEV 1.9 UNITS	 JURY BOTTLE OF WINE 13.5% ABEV 10 UNITS

- Leaflets given to patients who scored >5 on Audit-C tool
- All crews made clinical decision as to whether to give leaflet or not



Results

- Screening over 8 week period (Nov 2012– Jan 2013)
- 167 patients screened. 88 positive
- 94% given an alcohol information leaflet
- 47% advised GP follow up

Staff feedback: good package, but is it our job?



The Future

- ARC / ARV and Alcohol Health promotion positively received by staff
- Clear benefit to LAS in terms of managing demand and reducing ED admissions
- Plan to continue each of the projects; funding dependant



Thank you

