

Preventing ill health - tobacco and alcohol screening

Screening

When you attended hospital for assessment and treatment you may also receive routine tobacco and alcohol screening as recommended by the National Institute for Health and Care Excellence (NICE).

Screening consists of questions to identify your smoking status or alcohol intake, followed by brief advice on the benefits of drinking less or stopping smoking, and where appropriate referral to specialist services. This activity should take between 30 seconds and 5 minutes.

Your answers to the screening questions, the delivery of the advice and the outcome of your decision regarding the referral offer will be recorded in your hospital case notes.

Benefits of screening

Screening allows healthcare professionals to give you feedback, brief advice and factual information relating to physical health impairments and/or reason for admission. Healthcare professionals will take this opportunity to promote and encourage change and give you clear advice around reducing or stopping drinking safely and quitting smoking.

Reducing or stopping smoking is effective, regardless of your diagnosis on admission, as both lead to a reduction in wound infections, improved wound and bone healing, and longer term reduced risk of heart disease, stroke, cancer and premature death. Permanent smoking cessation reduces your risk of heart disease, stroke, cancer and premature death².

Inpatient alcohol identification helps healthcare professionals identify whether you are at risk of a future hospital admission with alcohol-related harm (self-harm, falls, alcohol withdrawal seizures, delirium) and chronic disease, such as hypertension (high blood pressure), heart disease, Cirrhosis of the liver and risk of cancers.

Referrals

If you wish to set a quit attempt, in-depth, specialist support and advice will be provided by Yorkshire Smokefree (YSF), who are based at Pinderfields Hospital on 01924 541286.

Should you accept the offer of a referral to the Alcohol Liaison Service during your admission at Pinderfields Hospital, you will be referred to the Spectrum Alcohol Liaison Service on 01924 541025.

If you accept the offer of a referral during alcohol screening at Dewsbury Hospital, you will be referred to the Locala Alcohol Liaison Service. They can be contacted via the Switchboard (01924 541000).

Tobacco Screening

The screening question will identify your smoking status – current smoker, ex-smoker or never smoked. Very brief advice on the health implications of smoking will be given if you are a current smoker and you will be offered nicotine replacement therapy (NRT) during your inpatient admission. If you would like to set a quit attempt or gain some further information about stopping smoking, you will be referred to YSF's Stop Smoking Service.

Why screen for smoking?

Smoking is England's biggest killer, causing nearly 80,000 premature deaths a year and a heavy toll of illness¹. Patient smoking cessation leads to a reduced rate of wound infections, improved wound healing and increased rate of bone healing.

Yorkshire Smokefree Stop Smoking Specialist Advisors

The role of a stop smoking specialist advisor is to provide both behavioural support and pharmacological aid. Over the years, YSF have helped thousands of people to quit smoking locally.

This experience has helped shape the way Yorkshire Smokefree supports and guides those clients who are ready to quit smoking and make this positive life change become a reality. All products are available on prescription including Nicotine Replacement Therapy, champix and zyban.

Hospital Smokefree Environment

Smoking is not allowed in any of the buildings and land belonging to Mid Yorkshire Hospitals NHS Trust. This applies to patients, visitors, contractors and staff anywhere inside the hospital or in the hospital grounds.

Why should our hospitals be smoke free?

The Mid Yorkshire Hospitals NHS Trust has a responsibility to reduce the damage to health caused by smoking by encouraging and helping smokers to stop. Having a Smokefree Environment aims to make our hospitals and grounds safer and healthier places for everyone.

Alcohol screening

Screening is based upon the recommended AUDIT-C tool, which consists of three questions about alcohol intake. Your answers to the questions below will be scored as 0 – 4 and totalled to identify your overall score.

<u>Questions</u>	<u>Scoring system</u>					Your 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 had 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	
Scoring: A total of 5+ indicates increasing or higher risk drinking. An overall total score of 5 or above is AUDIT-C positive						

Alcohol guidelines for men and women

The NHS recommends that men and women should not regularly drink more than 14 units of alcohol per week. It is advisable to spread drinking alcohol over three days or more if you drink as much as 14 units a week and to have several none drink days per week. As alcohol health risk is dose dependent, reducing regular consumption by any amount reduces the risk of ill health.

Regularly drinking more than 14 units means you are at an increasing or higher risk of developing an alcohol-related illness.

Women who are pregnant are advised not to drink alcohol at all.

References

- 1 https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/366852/PHE_Priorities.pdf
- 2 Rigotti N, Munafo MR, Stead LF. Interventions for smoking cessation in hospitalised patients. Cochrane Database of Systematic Reviews 2007; Issue3.Art.No.:CD001837. DOI:10.1002/14651858.CD001837.pub2
- 3 <http://www.hscic.gov.uk/catalogue/PUB13218/HSE2012-Ch6-Alc-cons.pdf>
- 4 Public Health England (2016), Local Alcohol Profiles for England. Available at: <http://fingertips.phe.org.uk/profile/local-alcohol-profiles>

Contact details

Yorkshire Smokefree (YSF)

YSF is based at Pinderfields Hospital and can be contacted on: 01924 541286.

Alcohol Liaison Services

Spectrum Alcohol Liaison are based at Pinderfields Hospital and can be contacted on: 01924 541025.

Locala Alcohol Liaison are based at Dewsbury Hospital and can be contacted via the Switchboard: 01924 541000.

We are committed to providing high quality care. If you have a suggestion, comment, complaint or appreciation about the care you have received, or if you need this leaflet in another format please contact the Patient Advice and Liaison Service on: **01924 542972** or email: **pals@midyorks.nhs.uk**

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