

## Alcohol Brief Interventions 2009/10

The table below shows the total number of brief interventions delivered by Health Boards during 2008/09 and 2009/10 in accordance with the HEAT H4 target. The target states that Health Boards should carry out screenings in three priority settings, using an appropriate screening tool and followed by an alcohol brief intervention where required. Both the screening and the brief intervention (if applicable), are delivered in line with national reporting guidance, which is based on SIGN 74 Guidelines<sup>1</sup>. All Health Boards have a target for the number of brief interventions to be carried out between 2008/09 and 2010/11. The targets are based upon estimates of the rates of alcohol-related presentations, in primary and secondary care, amongst adults over 16 years of age in Scotland.

Three settings were identified as appropriate for the delivery of alcohol brief interventions on the basis of the available evidence: primary care, antenatal and accident & emergency. National guidance describes the appropriate screening tools for use in the three settings.

National guidance defines an alcohol brief intervention as follows:

“an alcohol brief intervention is a short, evidence-based, structured conversation about alcohol consumption with a patient/ service user that seeks in a non-confrontational way to motivate and support the individual to think about and/ or plan a change in their drinking behaviours in order to reduce their consumption and/ or their risk of harm.”

The total number of interventions is presented at Scotland level and by Health Board. The figures include brief interventions delivered in primary care, A&E and antenatal settings during 2009/10 (year 2 of the three year target). Updated figures from year 1 of the target (2008/09) are also presented. The total number of brief interventions carried out in Scotland during 2009/10 was 53 985. The cumulative number of interventions carried out from 2008/09 and 2009/10 is 82 564. Table 1 shows the figures by Board.

**Table 1:** Total numbers of alcohol brief interventions delivered in primary care, antenatal and accident & emergency settings in Scotland in 2008/9 - 2009/10 by Health Board

|                             | 2008/09 <sup>†</sup> | 2009/10       | Total Number of Interventions |
|-----------------------------|----------------------|---------------|-------------------------------|
| <b>Scotland</b>             | <b>28 579</b>        | <b>53 985</b> | <b>82 564</b>                 |
| NHS Ayrshire & Arran        | 1 515                | 3 475         | 4 990                         |
| NHS Borders                 | 211                  | 1 000         | 1 211                         |
| NHS Dumfries & Galloway     | 462                  | 507           | 969                           |
| NHS Fife                    | 3 110                | 2 420         | 5 530                         |
| NHS Forth Valley            | 2 576                | 3 668         | 6 244                         |
| NHS Grampian                | 794                  | 3 292         | 4 086                         |
| NHS Greater Glasgow & Clyde | 7 603                | 13 682        | 21 285                        |
| NHS Highland                | 2 267                | 2 010         | 4 277                         |
| NHS Lanarkshire             | 2 272                | 9 385         | 11 657                        |
| NHS Lothian                 | 3 826                | 11 128        | 14 954                        |
| NHS Orkney                  | 0                    | 669           | 669                           |
| NHS Shetland                | 35                   | 157           | 192                           |
| NHS Tayside                 | 3 586                | 1 806         | 5 392                         |
| NHS Western Isles           | 322                  | 786           | 1 108                         |

<sup>†</sup> These figures have been revised since previous publication

<sup>1</sup> The management of harmful drinking and alcohol dependence in primary care, Scottish Intercollegiate Guidelines Network, 2003. Available at <http://www.sign.ac.uk/guidelines/fulltext/74/index.html>