

Those drinking over the Chief Medical Officer Low risk guidelines are England (**24%**), Northern Ireland (**16%**), Scotland (**22%**), Wales (**17%**).

1,018,986 alcohol specific **hospital admissions** in England in 2023-2024

Potential **years of life lost** double in males than females at **151,594** in 2023 in England

Screening & Assessment

- **Break the stigma** - screen all using tools like AUDIT-C & FAST/local screening tools
- **Assess with scoring systems** < 8 hours of arrival (Examples include CIWA, GMAWS).

Wernicke's Encephalopathy

- Ataxia
- Ophthalmoplegia
- Nystagmus
- Confused
- Hypotensive
- Tachycardic
- Hypothermic

Don't forget Thiamine!

Alcohol Withdrawal

- Can occur in as little as **6 hours** of last drink.
- Be mindful of the wait time for assessment. **Look out** for the agitated, tremulous vomiting patient.
- Average detox is **5-8 days** and is only successful with effective support.
- The **kindling phenomenon** shows that each progressive alcohol detox results in an increase in severity of withdrawal symptoms.
- Consider the adverse effect of **inappropriate detox admissions**.

Alcohol in healthcare professionals

20% drink to hazardous levels and engage in frequent binge drinking. Early intervention & support are paramount.

Giving drink down advice

- Reduce by **10%** every four days
- Measure a capful of spirit and pour away/save for another day.
- Increase this capful by 1 every 2 days if symptoms allow

DVLA Driving Advice

Always check for updates

Length of time required to be abstinent or controlled drinking before driving.

	Group 1	Group 2
Persistent misuse	6 months	12 months
Dependence	1 year	3 years

Those given benzodiazepines should not drive or operate machinery for at least **72 hours**.