NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

# NICE indicator guidance

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## Indicator NM176

The percentage of patients with a new diagnosis of hypertension in the preceding 12 months with a FAST score of 3 or more or AUDIT-C score of 5 or more who have received brief intervention to help them reduce their alcohol related risk within 3 months of the score being recorded.

## Indicator type

General practice indicator suitable for use in the Quality and Outcomes Framework.

## Rationale

Excessive alcohol intake can contribute to hypertension, and reduction in consumption can reduce blood pressure and have broader health benefits. Tools such as AUDIT-C and FAST can help to identify people that would benefit from reducing their alcohol consumption. Brief interventions can help people reduce their alcohol consumption. They can comprise of a short session of structured brief advice or an extended brief intervention using motivation techniques. Reviews have shown that interventions in primary care are effective in reducing alcohol consumption ([Kaner et al 2018](https://www.cochrane.org/CD004148/ADDICTN_effectiveness-brief-alcohol-interventions-primary-care-populations)).

## Source guidance

[Hypertension in adults: diagnosis and management](https://www.nice.org.uk/guidance/ng136). [NICE guideline NG136](https://www.nice.org.uk/guidance/ng136) (2019), recommendations 1.4.1, 1.4.3 and 1.4.8.

[Alcohol-use disorders: prevention](https://www.nice.org.uk/guidance/ph24). [NICE guideline PH24](https://www.nice.org.uk/guidance/ph24) (2010), recommendations 9, 10 and 11.

## Specification

Numerator: The number of patients in the denominator who have received brief intervention to help them reduce their alcohol related risk within 3 months of the score being recorded.

Denominator: The number of patients with a new diagnosis of hypertension in the preceding 12 months with a FAST score of ≥3 or AUDIT-C score of ≥5.

Calculation: (Numerator/denominator)\*100

Exclusions: Patients with an existing diagnosis of an alcohol related disease or disorder.

Minimum population: The indicator would be appropriate to assess performance at individual general practice level.

## Further information

This is NICE indicator guidance, which is part of the [NICE menu of indicators](https://www.nice.org.uk/Standards-and-Indicators/index). This document does not represent formal NICE guidance.