Indicator development programme

NICE indicator guidance

**Alcohol use: brief intervention for people with a long term condition**

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# Indicator NM181

## The percentage of patients with one or more of the following conditions: CHD, atrial fibrillation, chronic heart failure, stroke or TIA, diabetes or dementia with a FAST score of 3 or more or AUDIT-C score of 5 or more in the preceding 2 years 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

Alcohol is a cause of significant public health burden but use is widespread amongst most groups of society. Alcohol is the leading cause of ill-health, early mortality and disability in those aged 15-49 years of age ([NHS Digital 2017](https://digital.nhs.uk/data-and-information/publications/statistical/statistics-on-alcohol/statistics-on-alcohol-england-2017)). Harmful drinking is associated with multiple physical and mental health problems. Tools such as AUDIT-C and FAST can help to identify people that may not be alcohol dependent but would benefit from an reducing their alcohol consumption. Brief intervention can either 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

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

[NICE’s guideline for atrial fibrillation: diagnosis and management](https://www.nice.org.uk/guidance/NG196) (2021) recommendations 1.2.2, 1.2.3 and 1.6.11

[NICE’s guideline for cardiovascular disease: risk assessment and reduction, including lipid modification](https://www.nice.org.uk/guidance/cg181) (2014, updated 2023) recommendations 1.1.17, 1.3.10 and 1.4.12

## 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 one or more of the following conditions: CHD, atrial fibrillation, chronic heart failure, stroke or TIA, diabetes or dementia with a FAST score of ≥3 or AUDIT-C score of ≥5 in the preceding 2 years.

Calculation: Numerator divided by the denominator, multiplied by 100.

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

Personalised care adjustments or exception reporting should be considered to account for situations where the patient declines, does not attend or if a brief intervention is not appropriate.

Expected population size:

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

## Further information

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