

Nurse Led **M**otivational **I**nterviews in Secondary Care Outpatient Clinics to
Reduce **A**lcohol Intake



Patient Information Sheet

My name is Sarah Hogg and I would like to invite you to take part in this study which I am carrying out as part of my Masters degree. I'm a research nurse, specially trained in motivational interviewing. Motivational interviewing is a form of counselling which helps people to think positively about making changes to their lifestyle or behaviour. Your doctor has just asked you to reduce your alcohol intake because you are drinking more than the recommended amount. We know that people drink alcohol for many reasons, so reducing or stopping your alcohol intake may not be that easy. We would like to see whether talking with one of our specially trained nurses could help you to reduce or stop your alcohol intake. This study will involve 12 weekly motivational interviews to help you reduce your alcohol intake. We would need you to come to the hospital for the first visit, but the others can take place face to face or over the telephone. We are asking if you would like to take part in this study because your doctor has recommended that you reduce your alcohol intake.

Could talking with a nurse help me?

We don't know yet, this is what we'd like to find out. People drink more alcohol than they should for many reasons. Sometimes people don't know that they're drinking more alcohol than they should. Maybe they're drinking more due to stress in their life or as a way to socialise. Drinking could help them feel better if they're feeling sad, lonely or depressed. There are lots of reasons and it's normal for people to look for ways to try and feel better. However, drinking alcohol can cause long term problems with your health.

Talking about these problems with a nurse, who has had specialised training in Motivational Interviewing, could help you to find ways to reduce your alcohol intake. The nurse will discuss your alcohol use with you and will help you look for ways to reduce the amount you drink. Any reduction in alcohol intake is a positive step and a reduction in alcohol consumption can reduce the risks of further liver damage. You might decide to have your first alcoholic drink 1 hour later. Change your bottle of beer to a smaller bottle of beer or one with a lower alcohol percentage. If you drink alcohol 5 days a week, try to reduce that to 4 days a week. You may want to try all of these options. The nurse will be there to help you find which way works for you.

It can be hard, and there may be times when you have a party, social event or times are really difficult. The nurse will be able to help you and offer support. There will be no judgement, just a willingness to help you.

Why is this study significant?

Liver disease is rising in the United Kingdom. Hospital admissions due to alcohol are higher in the North East of England than anywhere else in the UK. Most, but not all liver disease is caused by drinking alcohol. Alcohol is the largest cause of ill health and death in 15–49-year-olds. You may have seen a recent Public Health campaign that says that alcohol causes 7 different types of cancer.

Reducing your alcohol can reduce your risks of developing liver cirrhosis if alcohol related liver disease is diagnosed early. Liver cirrhosis happens when the liver becomes scarred and shrinks due to drinking too much alcohol over a long period of time.

Currently, patients who do drink above the recommended alcohol units are encouraged to seek help when they leave hospital. There are many places where you can get help locally such as Humankind and Changing Lives at Newcastle Treatment and Recovery Centre. There are also national services such as Alcoholics Anonymous (AA). If you are already seeing these agencies then you are receiving the best help and we wouldn't be able to add anything extra, so you wouldn't be able to take part in this study. If you aren't currently receiving help then we would still recommend that you make use of these

services and the specially trained nurse will be able to give you more information about these.

It can be hard to seek help if you didn't know that you were drinking too much, or because there are other reasons for you to drink. That's why we think that speaking to a specially trained nurse during your outpatient appointment may help. Patients who are admitted to hospital are already seen by our nurses. However, we'd like to reduce the number of people being admitted to hospital by helping them before their liver disease gets worse.

This type of study is called a Pilot study. Pilot studies are usually small studies that help to gather information and hopefully lead to larger studies. We know that Motivational Interviewing can help in all types of lifestyle changes however we haven't tried it in hospital Out-Patient clinics before. Part of the study will measure how many people are interested in taking part and whether they will continue for the whole 12 weeks. As well as finding out if it helps people to reduce their alcohol intake. Any feedback about the study whether you take part or not will be really useful so that we can find and design ways to help people.

Why have I been asked to take part in this study?

We are asking you to take part in this study because you have had an appointment with a Liver Doctor (Hepatologist) because you have had raised liver blood tests or liver scan (fibroscan) and are drinking more than alcohol than recommended in the table on page 4.

How do I know if I am drinking above the recommended amount?

The NHS currently recommends that men and women do not drink above 14 units per week. It can be confusing trying to work out how many units there are in drinks because of the measurements like the size of a glass, bottle or can. The alcohol percentage or alcohol by volume (ABV) also differs between similar drinks such as beer or cider. There is a lot of information on the NHS website:

<https://www.nhs.uk/conditions/alcohol-misuse/>

However, they have published the below as guidance:

Type of drink	Number of alcohol units
Single small shot of spirits* (25ml, ABV 40%) Whisky, Vodka, Gin	1 unit
Alcopop (275ml, ABV 5.5%)	1.5 units
Small glass of red/white/rosé wine (125ml, ABV 12%)	1.5 units
Bottle of lager/beer/cider (330ml, ABV 5%) Heineken/ Newcastle Brown Ale/ Strongbow	1.7 units
Can of lager/beer/cider (440ml, ABV 5.5%) Blue Moon/ Old Peculiar/ Desperados/ Scrumpy Jack	2.4 units
Pint of lower-strength lager/beer/cider (ABV 3.6%)	2 units
Standard glass of red/white/rosé wine (175ml, ABV 12%)	2.1 units
Pint of higher-strength lager/beer/cider (ABV 5.2%)	3 units
Large glass of red/white/rosé wine (250ml, ABV 12%)	3 units

What would happen if I took part in this study?

When you are given this information sheet, the nurse will ask for your permission to contact you by telephone. During the call, you will have the opportunity to ask questions and confirm whether you would like to take part in this study. If you do want to take part, the nurse will arrange for you to come for an appointment at the hospital.

The study will run for 12 weeks with weekly telephone or face to face hospital appointments. If you choose to come to the hospital for these appointments, then you will be given expenses to cover your travel costs.

First Appointment

This appointment will take place in the Freeman Hospital and we will reimburse you for your travel expenses. At this appointment, the nurse will talk you through the study and answer any questions you might have. If you are happy to take part, the nurse will talk you through the consent form.

There will be a questionnaire to make sure that it is safe for you to reduce your alcohol intake in the community. There will be some other questionnaires about your alcohol use and mental health. The nurse will write down which regular medication you take and collect clinical data from your medical records such as blood results and scans that you may have had. Then the nurse will talk to you about your alcohol use and together, you will devise a plan to reduce the amount of alcohol you drink.

We anticipate this appointment taking around 1 hour.

The next 10 weekly appointments

You can choose to have these appointments over the telephone or face to face in the hospital. The nurse will ask about your alcohol intake over the last 7 days. You will be asked about what you found easy and what you found difficult. This appointment will last approximately 30 minutes.

Weeks 4 and 8

You will have the visit as normal, but you will be asked to complete the anxiety and depression questionnaire to ensure that it is safe for you to carry on in the study.

Week 12- final visit.

At the final visit, you will be asked to complete the questionnaires to see if there has been any improvement since your first visit. We will look at the changes and progress

you have made. We will also discuss what happens in the future, whether you seek further help or continue to reduce your alcohol intake. We will also ask you to complete an evaluation of the course to find out what you felt really helped you and which parts we could or should improve.

Do I have to take part?

No, you don't. You decide whether you would like to take part. Your medical care will not change and you will still be treated as usual, whether you take part in this study or not. You do not have to give a reason why you don't want to take part. However, it would be helpful to the study team to find out why people decide not to take part so that we could change the study to suit yours and other people's needs.

What happens if I sign up to the study and decide not to take part anymore?

You can choose to withdraw from the study whenever you choose. Again, you won't have to give a reason. However, it would be helpful if you could give some feedback on the study to inform future research. This is optional so please don't feel under any pressure.

What are the risks?

We don't expect anyone to come to any harm during this study.

Some people who reduce their alcohol too quickly, could become unwell and be admitted to hospital. However, when you have your first appointment with the doctor, they will ask you about any physical symptoms. One of the questionnaires that you will complete at the start of the study also assesses whether it is safe for you to reduce your alcohol intake at home. This is also why we are suggesting that you reduce your alcohol intake instead of suddenly stopping.

Many people drink alcohol to relax or to stop them thinking about bad things in their life. If you were to reduce your alcohol, it may increase these negative feelings. This is why it is important for us to measure your levels of anxiety and depression so that we can act if you're starting to feel worse. For example, with your permission, we will ask your doctor/GP to follow you up at home.

Your safety remains our priority and your medical care will not change so please discuss any concerns with us so that we can make sure that you get the right care.

Do I have to tell anyone that I'm taking part?

For safety, we will inform your GP and Hospital Doctor that you are taking part. This means that if you or the nurses have any concerns we can contact your doctors to ensure that you are safe. This also means that if we have any concerns about your safety or safety of others we will also be able to contact the medical and safeguarding teams to ensure that you and anyone else can be given support if needed.

It is entirely up to you whether you discuss it with your family or friends. They may be able to offer you further support and encouragement. However, you can choose to discuss it with no one.

What happens to the data that you collect about me?

We will need to use information from you and your electronic hospital records for this research project.

This information will include your:

- Name
- Date of Birth
- Hospital Record Number

Which will be held at the Freeman Hospital for the research.

People will use this information to do the research or to check your records to make sure that the research is being done properly.

People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead.

Newcastle Upon Tyne Hospitals NHS Foundation Trust is the sponsor of this research and is responsible for looking after your information. We will keep all information about you safe and secure by:

- Storing any paper documents in a locked office that only authorised staff have access.
- Any electronic information will be stored on a secure database which only authorised staff have access.

International transfers

Your data will not be shared outside the UK.

Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out that you took part in the study. We will keep your study data for the minimum period of time required [we will keep your study data for a maximum of 5 years]. The study data will then be fully anonymized and securely archived or destroyed.

What are your choices about how your information is used?

- you can stop being part of the study at any time, without giving a reason, but we will keep information about you that we already have
- If you choose to stop taking part in the study, we would like to continue collecting information about your health from your hospital / your GP. If you do not want this to happen, tell us and we will stop
- you have the right to ask us to remove, change or delete data we hold about you for the purposes of the study. We might not always be able to do this if it means we cannot use your data to do the research. If so, we will tell you why we cannot do this

Where can you find out more about how your information is used?

You can find out more about how we use your information, including the specific mechanism used by us when transferring your personal data out of the UK.

- Health Research Authority leaflet:
www.hra.nhs.uk/patientdataandresearch
- by asking one of the research team
- by sending an email to the Newcastle Upon Tyne Hospitals NHS Foundation Trust Data Protection Officer nuth.dpo@nhs.net, or
- by ringing us on 0191 2448597

What if there are any problems?

We don't anticipate there being any problems. However, if you have any concerns, we would ask that, in the first instance, you to speak to the nurse looking after you as part of the study. If necessary, your concerns can be referred to any of the doctors.

Your named nurse is Sarah Hogg and their contact number is 0191 2448597.

This is a shared phone number so don't be alarmed if someone else answers. You can leave a message for me and I will return your call as soon as I am able.

Alternatively, please feel free to email me at sarah.hogg1@nhs.net.

If you feel that your questions or problems have not been resolved please feel free to contact the Patient Advice and Liaison Service (PALS). They can help you with health-related questions, concerns, problems or complaints.

PALS telephone number is _____

Thank you for taking the time to read this information sheet.

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