

**CASE EXAMPLES:**

- Try and answer the questions.
- Use whatever tools you need.
- Don't aim to be too slick.
- Then you will end up being able to work with the person, not on the person.

### Counting Units

Here are the tools you will need:

**How to calculate alcohol units:**  
To help calculate alcohol consumption in any given bottle or can of beer, cider, wine or spirits, the table enables calculation of units in any given bottle or can of beer, cider, wine or spirits. Just look down the left hand column until you come to the strength of the drink in question. Then read along the row horizontally, only stopping at the relevant column (beer or wine) and the figure shown is the total number of units in the container, rounded up to the nearest whole fraction.

**ALCOHOL UNITS**  
Recommended safe limits: **Men: 3 units per day** **Women: 2 units per day**

### Recreating a 'normal' week:

Map this out on a weekly diary.  
For some people, you may need to work out the average across a number of weeks:

Day	Type of Drink	Number	Units	Calories
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

**Questions:**

- 1: How many units are there in this story?
- 2: How many units on a typical drinking day?
- 3: What is the score for AUDIT-C question 2?
- 4: What is the full AUDIT-C score?
- 5: What should be the outcome / what happens next *ideally*?

Questions	Scoring system					Your score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2 - 4 times per month	2 - 3 times per week	4+ times per week	
How many units of alcohol do you drink on a typical day when you are drinking?	1 - 2	3 - 4	5 - 6	7 - 9	10+	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	

**Case A:**

Mon PM:	After Work, bt 12% Wine shared over a meal with his wife;
Tues PM:	Nothing as he drank yesterday;
Weds PM:	Pub, Football, 2 Pts 5% lager, walked home;
Thurs PM:	Nothing as he drank yesterday;
Fri PM:	End of week, 4 Pts 5% Lager, walked home;
Sat:	Out at 'a do' which involved a sit down meal, bt 12% Wine shared with his wife, then 4 Pts 5% Lager at bar with friends, taxi home;
Sun PM:	1 shot.

Case B:	Case C:	Case D:
Monday: No alcohol	Monday: No alcohol	Try inventing some scenarios, or using patients you've come across  ... or friends! ... or colleagues! ... or yourself!  And answer the same 4 questions.
Tuesday: No alcohol	Tuesday: No alcohol	
Wednesday: ½ bottle of 12% wine	Wednesday: 1 bottle of 12% wine	
Thursday: No alcohol	Thursday: No alcohol	
Friday: 2 Pts of 5.5% Lager	Friday: 6 Pts of 5% Lager	
Saturday: 2 Pts of 5.5% Lager	Saturday: 4 Pts of 5% Lager	
Sunday: 1 glass of wine	Sunday: 2 Pts 5%+2 'shots' of spirits.	