

**715FM.1 ALCOHOL REFERRAL PATHWAY FOR GENERAL PRACTITIONERS AND HOSPITAL STAFF**

Please make a referral for any patient presenting with alcohol dependency issues to One Recovery Bucks (ORB):

- Online via the referral form: <https://onerecoverybucks.org/online-referral>
- Telephone: 0300 7729 672
- Email: [onerecovery.bucks@nhs.net](mailto:onerecovery.bucks@nhs.net)

### Treatment aims

To reduce the harmful effects of alcohol misuse on individuals, their families and the community. To allow clients to make the changes that they want to make, whether that is to reduce or completely stop their use. ORB can provide a team of doctors, nurses, recovery workers, community connectors, peer mentors and recovery coaches to help clients achieve this.

### Key points

#### ORB offers:

- A comprehensive assessment by a recovery worker within 15 days.
- Psychosocial Interventions:
  - Brief intervention
  - Extended brief intervention
  - Structured 1:1 group work
  - Pre-detox work
  - Facilitated access to mutual aid
- Alcohol detoxification nurse involvement:
  - Referral for detox nurse assessment if detox criteria met (community)
  - Home visit organised by detox nurse (community detox)
- Prescribing of relapse prevention medication:
  - **First line**      Acamprosate 333 mg tablets  
See [guideline 560FM Acamprosate for use in Treatment of Alcohol Dependency in Adults 18 Years and Over](#)
  - **Second line**    Naltrexone 50 mg tablets  
See [guideline 561FM Naltrexone for use in Treatment of Alcohol Dependency in Adults 18 Years and Over](#)
  - **Third line**      Disulfiram tablets  
See [guideline 562FM Disulfiram for use in Treatment of Alcohol Dependency in Adults 18 Years and Over](#)

### Information Sharing

- After comprehensive assessment, a detox nurse assessment and a prescribing assessment for alcohol relapse medication, ORB will update the patient's GP via secure nhs.net email.
- If relapse prevention medication deemed appropriate then ORB will prescribe first 28 days of treatment to be continued by patient's GP.

NICE Guidelines:

[Alcohol-use disorders: diagnosis, assessment and management of harmful drinking \(high-risk drinking\) and alcohol dependence](#). NICE CG115. Published 23 February 2011. Reviewed July 2019.

[Alcohol-use disorders overview](#). NICE Pathway. Last updated 23 April 2020.

Title of Guideline	Alcohol Referral Pathway for General Practitioners and Hospital Staff
Guideline Number	715FM
Version	1
Effective Date	June 2020
Review Date	June 2023
Original Version Published	June 2020
<i>Approvals:</i>	
Medicines Value Group	5 <sup>th</sup> December 2019 – approved 3 <sup>rd</sup> June 2020 (Chair's Action)
Author/s	Julie Horslen, Medicines Optimisation Pharmacist Mark Prescott, Clinical lead for ORB and independent prescriber Dr C.Sander-Hess Dr S. Lockie, Clinical Director CCG
SDU(s)/Department(s) responsible for updating the guideline	Pharmacy – Primary and Secondary Care One Recovery Bucks
Uploaded to Intranet	9 <sup>th</sup> June 2020
Buckinghamshire Healthcare NHS Trust/Buckinghamshire Clinical Commissioning Group	