



Alcohol use: brief intervention for people with hypertension

NICE indicator

Published: 31 July 2019

Last updated: 4 November 2020

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Indicator

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.

This document does not represent formal NICE guidance. For a full list of NICE indicators, see our [menu of indicators](#).

To find out how to use indicators and how we develop them, see our [NICE indicator process guide](#).

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](#)).

Source guidance

[Hypertension in adults: diagnosis and management. NICE guideline NG136 \(2019\)](#), recommendations 1.4.1, 1.4.3 and 1.4.8

[Alcohol-use disorders: prevention. NICE guideline 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 more, or AUDIT-C score of 5 or more.

Calculation: Numerator divided by the denominator, multiplied by 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.

ISBN: 978-1-4731-5971-6