

## Reducing ill health from risky behaviours - alcohol & drugs

### **S.U.F.A.R.I.**

## **Substance Use Frequency Amount Risk Identification** **FIVE KEY FACTS for JADE users**

### **PLEASE READ BEFORE YOU FIRST USE THE FORM**

1. **SUFARI replaced the Bromley Screening Tool (June 2017)**

Whenever you would have completed Bromley – now you MUST complete the SUFARI. It has a validated alcohol screening tool (AUDIT-C) and an up to date list of drugs commonly used in illicit or non-prescribed manner.

2. **SUFARI should be completed with all people coming into CNWL services**

All people accessing CNWL services should routinely be asked about their alcohol and drug use, and if they smoke. A printed copy of SUFARI can be sent to people with their appointment letter, or it can be completed on arrival in waiting area.

At first assessment, when admitted to any service: ie psychiatric inpatient services or physical health inpatient services, when accepted for care coordination (eg CPA) or when reviewed for Lead Professional Care. It should be completed for service users of both physical health and mental health services across our Trust.

**Staff who have not completed substance use screening for their clients before should note it is now a minimum standard.**

3. **SUFARI begins with three simple questions**

**Do you drink alcohol? Do you smoke? Do you use any drugs?**

If answers for these questions are “No” – most later questions are greyed out.

You simply go to the end of the form; record if there have been any contacts with community substance use services (alcohol or drugs teams, dual diagnosis/SUMH); then put your name and date as per usual with a JADE form.

Ward staff must record urine drug screen, community staff can tick “not appropriate”.

If answers are yes, you will go on to ask questions about how much, how often and if the service user considers this causes any risks.

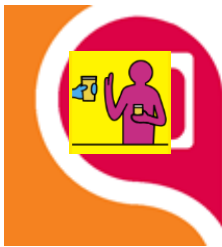
4. **SUFARI will automatically populate some fields on JADE.**

Name, DoB, NHS number and JADE number will be complete, but you must enter your Ward or Work Unit as well as filling in the form.

5. **Start a SUFARI form whenever you need to**

**IF YOU HAVE QUERIES OR COMMENTS DO NOT HESITATE TO CONTACT US**

Comments or queries – please email the team on [cnw-tr.SUFARI@nhs.net](mailto:cnw-tr.SUFARI@nhs.net)



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For example annual reviews, yearly CPA meetings, new assessments or when you have new information.

## S.U.F.A.R.I.

### Substance Use Frequency Amount Risk Identification INSTRUCTIONS

1. You should complete SUFARI at initial assessment or during admission procedure. Sometimes it may not be possible to complete on first day, but it should be done within first week of admission or by second out-patient appointment. You could send a paper SUFARI form with initial appointment letter to facilitate this conversation.
2. You will need to complete SUFARI for all referrals to Substance Use in Mental Health.
3. You can find the form as a JADE assessment in the usual place – new event, event, assessments, new assessment – then select **SUFARI Assessment**.
4. There are three levels of this assessment.

#### Level 1 of SUFARI

If the answer is “Yes” to Question 1 (“Drinks alcohol”) or Question 2 (“Used illicit or unprescribed drugs in the past year”) you must complete section 2.

If the answer is “Yes” to Question 3 (“Smokes/ uses tobacco”) you must complete the relevant section of the SHINE Physical Health Assessment form (in JADE assessments as above then select **SHINE Physical Health Assessment**).

If the answer is “No” to any section in Level 1 those sections will be ‘greyed out’ and you do not need to complete Section 2.

#### Level 2 of SUFARI

If the answer is “Yes” to alcohol then AUDIT-C must be completed. The answers to the 3 questions in this section will add up to a score out of 12 as you go along.

**REMEMBER: A total score of 6 or more indicates increasing or higher risk drinking and a brief intervention should be made.**

**Also, risk of withdrawals increases if drinking above 15 units daily**

#### Substance Use (level 1)

Three simple questions on initial assessment:

**Do you drink,  
Do you smoke,  
Do you use any drugs?**



#### Alcohol use (level 2)

AUDIT-C (if positive, leads to full AUDIT)

#### Substance use (level 2)

includes all other drugs, except tobacco which is on physical health screening



#### Alcohol use (level 3)

Complete Full AUDIT  
If scores >16 take more detailed history

#### Substance use (level 3)

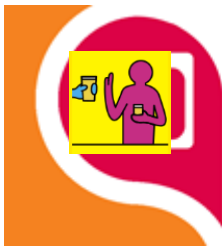
History plus further detail to be decided

#### RISK ASSESSMENT

Anything identified above should be mentioned here AND care plan.

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### **Level 3 of SUFARI**

Most people will not need this level of detail if not currently using alcohol or drugs. See next page.

**If AUDIT-C score is more than 5, complete further alcohol assessment, ie full AUDIT which is currently not a JADE form but can be scanned and attached to JADE documents in the usual place. Label this file **AUDIT DD-MM-YY** (ie date of completion)**

**In service user's own words, record how much they usually drink, include amount type and name. Guidance and training on standard alcohol units follows below.**

#### **Clients Comments (on alcohol use)**

Wants to stop?     Yes         No  
Wants to reduce?  Yes         No

#### **Assessor's Comments**

**If AUDIT-C score is 6 or more, alcohol intervention is required**

- Brief advice given
  - Brief advice declined
  - Brief advice later
  - Referral made
- (Please select one)

Write any brief advice details on the form in assessor's comments.

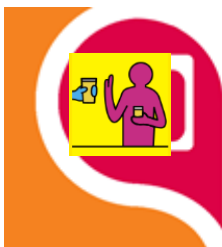
**Date of Alcohol Intervention** (see end of form for more detail).

### **HAVE YOU EVER USED ANY OF THE FOLLOWING SUBSTANCES / DRUGS?**

4. The drugs list is based on recent findings of commonly used substances – but that can change rapidly due to novel psychoactive drug trends. Any information that you record will be useful in identifying those new trends within our services.
5. As with alcohol, note the service user's views on their substance use and assessor's comments – especially any risk factors.
6. Identify any substance use treatment or recovery services that they have been involved with and note details of which service you have referred them to.
7. If you need further information – such as converting reported alcohol consumption to units, save but do not finalise. When completed, you should sign and date the form, and finalise it – so that it is clear who filled the form in and when. When an update is required, a new form can be opened and the information copied across and updated.
8. Finally – you can print the form if you want to send the results to GPs or other professionals.

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GUIDE TO UNITS OF ALCOHOL

[www.nhs.uk/oneyou/drinking](http://www.nhs.uk/oneyou/drinking)



PINT CIDER ABV 5.3%  
**3 UNITS**



RED WINE (125ml) ABV 12.5%  
**1.6 UNITS**



SAMBUCA SHOT ABV 42%  
**1 UNIT**



BOTTLE LAGER ABV 5.2%  
**1.7 UNITS**



ALCOPOP ABV 5%  
**1.4 UNITS**



HALF PINT CIDER ABV 5.3%  
**1.5 UNITS**



SINGLE GIN & TONIC ABV 40%  
**1 UNIT**



DOUBLE COGNAC ABV 40%  
**2 UNITS**



CHAMPAGNE (175ml) ABV 11.5%  
**2 UNITS**



DOUBLE WHISKY & COKE ABV 40%  
**2 UNITS**



HALF PINT LAGER ABV 5.2%  
**1.5 UNITS**



COSMOPOLITAN COCKTAIL  
**2 UNITS**



PINT BITTER ABV 5%  
**2.8 UNITS**



HALF BOTTLE VODKA ABV 40%  
**14 UNITS**



PIMMS ABV 25%  
**1.3 UNITS**



DOUBLE WHISKY ABV 40%  
**2 UNITS**



WHITE WINE (175ml) ABV 13%  
**2.3 UNITS**



PINT LAGER ABV 5.2%  
**3 UNITS**



BOTTLE OF WINE ABV 13.5%  
**10 UNITS**



STRONG LAGER ABV 8%  
**4 UNITS**



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