Alcohol is a psychoactive and possibly addiction developing substance which rigorously affect the humanity in different ways. A small quantity of alcohol may be good to the heart for some aged individuals but excess drinking causes dangerous problem to individual as well as to the community. (Better Health, n. d.). Alcohol abuse is a form of drinking which causes continues alcohol related problems and drinkers unable to meet obligations at home and at work. Alcohol abuse defines ‘the use of alcohol beverages to excess, either on individual occasions (binge drinking) or as a regular practice.’(Better Health, n. d.). However, in few people any amount is believed to be alcohol abuse such as pregnant ladies and children. Although it is a depressant drug, it is usually enjoyed by majority of the Australian community. The less they take the less will be the harmful effects. In severe cases it can leads to unconsciousness and even death. (WHO, 2004. Cited in Australian Bureau of Statistics, 2006). Australians drink alcohol for enjoyment, socialization and to celebrate functions as a tradition and custom (National Alcohol Strategy, 2009).

In Adelaide sale and consumption of alcohol is permitted if you are above 18 years old, and alcohol is always accepted by the Australian community. However, abuse of alcohol is a main problem in SA. Alcohol is the second largest reason of death in Australia. Once a person is dependent to alcohol they show different physical and psychological signs and symptoms if they do not get drinks in time. According to NHMRC guidelines, drinking too much causes many health problems, which is no more than six standard drinks for men and four for women are considered as at risk. (Virtual Medical Centre.com, 2011).

Unemployment plays a key role in alcohol abuse. Government provides high welfare payments for jobless people but they misuse this money in alcohol consumption, which may stop heavy drinkers from employment and from the society itself. (The Centre for Independent Studies, 2011). Studies show that problems with alcohol abuse are more among people with low economic status and unemployment than in the working people. Mortality rate is also very less among employed individuals. Jobless people drink high amount of alcohol and it negatively linked with employment. (Institute of Alcohol Studies, 2009).

According to the Community Anti-Drug Coalitions of America, alcohol abuse and increase unemployment has a good connection. Joblessness brings more problems into life. Even with the insurance coverage, maintaining the daily needs are very difficult with unemployment. Unemployment tension varies with each person, so they try alcohol to get relief from unemployment pressure which leads to addiction. In some cases less paid jobs also make them to drink too much, people may reduce self-esteem and they think that they are nothing in the society. They develop mental depression and start binge drinking in order to remove the feelings of insecurity and to forget the problems created by unemployment. (Health, 2011).

Health and illness are determined by many factors which include money, education, working condition and poverty, and these factors make individuals life difficult. Health promotion strategies are used to prevent or to reduce the problems which are found in the community. In SA alcohol abuse is the most highlighted issues. The state or local governments implement health promotion strategies in order to prevent and reduce alcohol abuse. Reducing alcohol sale, raising the tax, limiting blood alcohol levels and community related activities are few strategies which help to decrease alcohol related harm. (Ward & Verrinder, 2008).

Community health nurse focuses on preventive measures of problems associated with alcohol abuse in the community. Most of the time nurse asked to render education programs about alcohol misuse. They should be well known about the policies and procedures which helps them in supervion and in follow-up of the interventions. The community nurses often conduct programs for rural women about consequences of alcohol abuse and alcohol abuse in pregnancy because rural settings are more vulnerable to alcohol abuse, so they need more attention and care. The community nurse works as a facilitator, as an educator and as role model in the community. In addition, they work together with government agencies to conduct program, also, they have a good contact with media in relation with advertisements and ads for the reduction and prevention of alcohol misuse and harm in the community. A holistic approach is required in order to make the individuals to participate in campaigns and counseling. Community health centers, PHCs, Public health units, schools and local clinics are the main areas where they focus to achieve their goals. (Lundy & Janes, 2009).

The main role of the community health nurse is to assist people with health issues and help them to cope with personal and social problems. In some places housing association and house owners ask help from the community nurse to get support to their tenant with alcohol problems. Some mental health service and alcohol and drug service managers seek advice and help from community nurse to deal with crime and social problems associated with alcohol. Also, they take individuals to hospital for treatment and investigation and their nursing is so valuable when they are emotionally depressed and to integrate into society. (Waller & Rumball, 2004).

Nurses use Ottawa Charter for supporting the family and identifying the problems of alcohol misuse in Australia. Health promotion strategies are for the well-being of the public that makes everyone safe and happy. By proper implementation of healthy policies, people can maintain their health. In addition to that nurses must have good contacts with teachers, parents, local government, and other related communities; therefore they can share the thoughts and data. Also they assess and plan the care and alcohol interventions to develop healthy atmosphere. Community can also include in decision making, in this way community can identify their needs and they regulate their care. Evidence show that school based education help youngsters to minimize alcohol related harm including computer-based lessons and class room education. School based education needs to start before the children start drinking alcohol. Nurses give formal and informal education to parents and teachers which reduce alcohol related harms. Together with other health care professionals nurses can achieve their goals (Ward & Verrinder, 2008).

Professionals give advice and support to each individual about alcohol abuse in the community, to reduce dependency and in some cases it needs treatments. People may be shy to seek advices but the community health nurse must take initiation and make them confident to open up their problems; therefore they should have the detailed knowledge about the community and their necessities. They should assess the society properly so that they can provide appropriate and planned care and support. Nurses can easily arrange training programs and teaching groups in order to help the individual, and it is the duty of the nurse to do the follow up. Community nurse should focus on supportive measures such as meetings, symposium ongoing education and services. In each visit nurse must assess the problem, and educate them according to the needs. In SA community health nursing is correlated with hospitals and other agencies which include home based care. Public health nurse have a good relation with their client and they are well known to the community problems so they can approach the individual freely to achieve their goals. (Government of South Australia, 2008).

Government and non-government agencies offer more than one alcohol related treatment services at the state, territory and national level. Hospitals like psychiatric hospital give treatment to out-patient services too. There are several forms of treatments available including prophylactic treatment and rehabilitation programs. The services offered by AODTS-NMDS (Alcohol and Other Drug Treatment Services National Minimum Data Set) concentrate only on individual, which means group discussions community teaching programs are not admitted. They provide evaluation, guidance, support, care management, withdrawal treatment, rehabilitation, therapeutic treatment and other teaching methods. Treatment includes referrals, admission and discharge, and the length of treatment varies with each individuals. (Australian Institute of Health and Welfare, 2011).

In Australia Drug Strategies are the main area for policy and action to decrease alcohol related harm. In1985 Drugs in Australia: National Action Workshop established ‘the minimisation’ strategy, since then the Australians started their policies on alcohol and drugs. The main aim was to reduce the harm to individuals as well as his/her family and community. Also they aimed on supply and demands. (Contexts of the National Drug Strategy, n. d). The National Alcohol strategy 2006-2009 had a good co-relation with Australian governments, nongovernment partners and with the community. The main goal was to have a healthy drinking culture and to support alcohol related harm in Australia. These strategies support the National Drug Strategy Aboriginal and Torres Strait Islander People Complementary Action Plan 2003-2006 which aimed on prevention. (National Alcohol Strategy, 2009).

Drink driving is against the law in Australia. Also it is an offence to drive while a person is affected even if his/her BAC (Blood Alcohol Concentration) is normal. Penalties vary with seriousness such as loss of license, fines, imprisonment etc. According to the SA Code of Practice irresponsible intake of alcohol is prohibited. Besides this workers are not permitted to drink while they are on duty according to the Occupational Health Safety and Welfare Act 1986 (SA) in order to fulfill the safety. Punishments and penalties are applies for those who break it. Liquor Licensing Act 1997 controls the sale and intake of alcohol in SA which focuses in reduction of alcohol related injuries. (DASSA, 2009).

Adolescents are the most affected population in SA and the hospital admission is also high. Family attachments, education and training, and employment can influence adolescents turn into alcoholism which directly affect their health. Nurses get more opportunities to deliver the interventions, however a thorough checking for the effectiveness is important before applying any intervention against alcohol abuse among adolescents. Hospital settings are the place where an adolescent can benefit from intervention. (Watchtel & Staniford, 2010).

The Australian Government implements numerous strategies to make secure and healthy drinking culture. The National Alcohol Strategy established a plan in collaboration with government, non-government organizations and community partners. The primary goal of this strategy is to reduce alcohol related-injuries to person, family and to society. The main priorities of this strategy are prevention, decrease the delivery, reducing alcohol-related harm, giving proper quality treatment and improving partnership. There are various groups which gives full support to achieve the goals of strategies. (National Alcohol Strategy, 2009).

The upstream interventions are National Drug strategy (2004), National Alcohol Strategy (2006-2009), National Strategy for Aboriginal people. These strategies inter-related to mental health, road safety, nutrition, injury safety and prevention of suicide. (National Alcohol Strategy, 2009). The Council of Australasian Government highlights the strategies to decrease alcohol abuse included with the National Preventive Health Agreement and the National Indigenous Reform Agreement. Advertisements and national bodies are also included in the national level, these ads covers direction, advice and problem. (SA Health Comments on the Discussion Papers, 2010).

The State and territories are also included in health promotion strategies which provide alcohol related activities such as development and implementation of strategies (National Alcohol Strategy, 2009). By applying licensed interventions the control of alcohol intake and abuse can be minimized. At the same time properly following the liquor license laws may assist in evaluation of the applicant’s record over the past12 months. In SA, they established a fee structure for renewal of the license which controls the sale. Regularizing the stock and the opening hours of the premises care included with reduction of alcohol ingestion and harm. SA Health supports the immediate cancellation of license for those who break the law. It is also recommended that supply and sale of alcohol is not permitted for underage people. Children need to be supervised and the premises keeping a valid license if you are selling alcohol. (SA Health Comments on the Discussion Papers, 2010).

The local government is more involved in implementing the strategies for minimizing alcohol problems. They cover home care, community education, business and industry services. It is the responsibility of the local government to give direct care which includes aged people, children and family, public health and supervision. (National Alcohol Strategy, 2009). Apart from these, Social control of alcohol can be implemented through police force and licensed authorities. They offer some educational programs to staff for the safe handling of clients who need immediate assistance which promote safe environment. It is also recommended that alcohol pricing is an important factor in control of alcohol. Taxation is another way of cutting down alcohol consumption. Local governments work with community groups and provide residential services in relation with alcohol issues. (SA Health Comments on the Discussion Papers, 2010).

To sum up, Alcoholism is a serious matter for many people, and it gets unbearable when an individual is jobless which leads to poor economic condition. (Health, 2011). Majority of the people find a solution to reduce their dependency by themselves, but some others seek advises from professionals (Virtual Medical Centre.Com, 2011). Nurses play an important role in informing and encouraging the individuals, families and the community about strategy, and for elevating public policy. (Ward & Verrinder, 2008). There are different strategies in the national, state and local levels to reduce alcohol consumption and to decrease alcohol related harm. Proper implementation of the policies and thorough evaluation are the best way to achieve the goal.