Alcohol

What is a standard drink?
- 5 oz. glass of wine
- 1.5 oz. (shot) of liquor
- 12 oz. beer

Risk levels
1. Low Risk or Abstain 78%
2. Risky 9%
3. Harmful 8%
4. Dependent 5%

Low-risk drinking limits

MEN 18-65
- No more than: 14 drinks per week
- AND no more than: 4 drinks per day

WOMEN 18-65
- No more than: 7 drinks per week
- AND no more than: 3 drinks per day

ALL AGE 66+
- No more than: 7 drinks per week
- AND no more than: 3 drinks per day

Risk levels
- Low-risk or Abstain 78%
- Risky 9%
- Harmful 8%
- Dependent 5%
Establish rapport
- Ask permission to have a discussion about the patient’s alcohol / drug use
- Explain your role and set the agenda

Review the patient’s alcohol / drug use patterns
- Share the patient’s AUDIT / DAST score and review NIAAA low-risk guidelines
- Explore possible connection between health problems and alcohol / drug use

Assess Readiness to Change – use readiness / confidence ruler
- Explore the person’s reasons for change and ability to change

Provide feedback
- Establish rapport
- Ask permission to have a discussion about the patient’s alcohol / drug use
- Explain your role and set the agenda

Enhance motivation
- Review the patient’s alcohol / drug use patterns
- Share the patient’s AUDIT / DAST score and review NIAAA low-risk guidelines
- Explore possible connection between health problems and alcohol / drug use

Negotiate plan
- Assess Readiness to Change – use readiness / confidence ruler
- Explore the person’s reasons for change and ability to change
- Provide a summary and ask a key question – “What do you think you will do?”
- Offer a menu of choices for change, provide recommendation, secure agreement

Raise the subject
- Review the patient’s alcohol / drug use patterns
- Share the patient’s AUDIT / DAST score and review NIAAA low-risk guidelines
- Explore possible connection between health problems and alcohol / drug use

Enhance motivation
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Low Risk or Abstain
- AUDIT: 0-6 (women)
- AUDIT: 0-7 (men)
- DAST: 0

Risky
- AUDIT: 7-15 (women)
- AUDIT: 8-15 (men)
- DAST: 1-2

Harmful
- AUDIT: 16-19
- DAST: 3-5

Dependent
- AUDIT: 20+
- DAST: 6+