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
- 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
- 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

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

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

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

**Dependent**
- AUDIT: 20+
- DAST: 6+