SCREENING FOR UNHEALTHY ALCOHOL USE

ASK CURRENT DRINKERS (NIAAA single question screen)

How many times during the past year have you had X or more drinks in a day?" (X = 5 for men and 4 for women)

CAGE

- C: Have you felt you ought to CUT down on your drinking or drug use?
- A: Have people ANNOYED you by criticizing your drinking or drug use?
- **G:** Have you ever felt **GUILTY** about your drinking or drug use?
- E: Have you ever had a drink or used drugs first thing in the morning

CRAFFT

- **C:** Have you ever ridden in a **CAR** by someone (including yourself) who was high or was using alcohol or drugs?
- R: Do you ever use alcohol or drugs to RELAX, feel better about yourself or fit in?
- A: Do you ever use alcohol or drugs while you are by yourself? (ALONE)
- F: Do your family or FRIENDS ever tell you that you should cut down on your drinking or drug use?
- **F:** Do you ever **FORGET** things that you did while using alcohol or drugs?
- T: Have you gotten in TROUBLE while you were using alcohol or drugs?

Exceeds Low Risk DRINKING

Per Week Per Occasion

MEN > 14 Drinks > 4 Drinks

WOMEN > 7 Drinks > 3 Drinks

AGE > 65 > 7 Drinks > 3 Drinks

Standard Drink = 14g of pure alcohol 1.5 oz of liquor 5 oz glass of wine 12 oz of beer



NOT READY VERY READY

BRIEF NEGOTIATION INTERVIEW (BNI) STEPS

1. Raise subject	➤ Hello, I am Would you mind taking a few minutes to talk with me about your alcohol/ drug use? << PAUSE>>			
2. Provide feedback Review screen	➤ From what I understand you are drinking/using [insert screening data] We know that drinking above certain levels or usingcan cause problems, such as [insert facts]I am concerned about your drinking/ drug use.			
Make connection	➤ What connection, if any, do you see between your drinking/ drug use and this medical visit or other medical issue? If patient sees connection: reflect/reiterate what patient has said If patient does not see connection: make one using facts			
Show NIAAA guidelines	➤ These are what we consider the upper limits of low risk drinking for your age and sex. You would be less likely to experience illness or injury if you stayed within these guidelines.			
3. Enhance motivation				
Readiness to change	-			
	how ready are you to change any aspect of your drinking or drug use Or seek treatment?			
Develop discrepancy	,			
	 ≥2 ask Why did you choose that number and not a lower one?; ≤1 or unwilling, ask What would it take for you to become a "2"? What would make this a problem for you?How important would it be for you to prevent that from happening? Have you ever done anything you wish you hadn't while drinking? 			
Reflective Listening	➤ Reflect/reiterate patients reasons for making a change			
4. Negotiate & advise Negotiate goal	➤ What's the next step? (If a positive next step, reflect it; If not,			
Give advice	 suggest one) ➤ If you can stay within these limitsor reduce or abstain from your drug use you will be less likely to experience illness/injury related to your use of 			
Summarize	➤ Overall, this is what I've heard you say(reflect on reasons for change)You have agreed to (state actual amounts of reduction of drinking/ drug use or to seek treatment.) I have included this in your discharge instructions that you are signing. This is an agreement between you and yourself.			
Suggest PC f/u	➤ Suggest f/u to discuss drinking/ drug use			
Thank patient	➤ Thank patient for their time			
	O G. Pantalon MV. Degutis LC. Fiellin DA. O'Connor PG. (NIAAA)			

Project ED Health, D'Onofrio G, Pantalon MV, Degutis LC, Fiellin DA, O'Connor PG. (NIAAA)