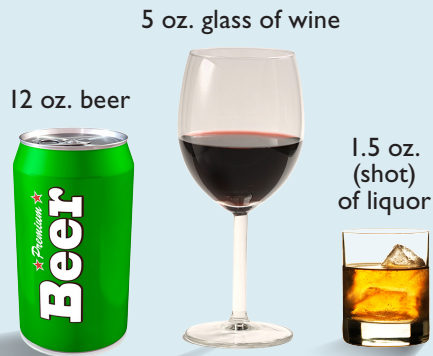
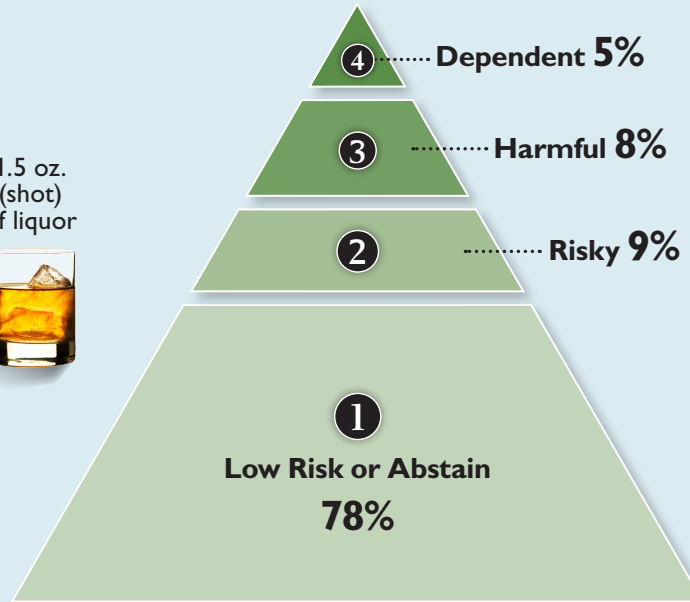


Alcohol

What is a standard drink?



Risk levels



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

Readiness / Confidence Ruler



Raise the subject

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

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

Enhance motivation

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

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

1

Low Risk or Abstain

AUDIT: 0-6 (women)
0-7 (men)

DAST: 0

2

Risky

AUDIT: 7-15 (women)
8-15 (men)

DAST: 1-2

3

Harmful

AUDIT: 16-19
DAST: 3-5

4

Dependent

AUDIT: 20+
DAST: 6+