

Single Item Screener:

How many times in the past year have you had (4 or more for women, 5 or more for men) drinks on one occasion? Once or more = positive screen

OR

AUDIT-C:

1. How often do you have a drink containing alcohol?

a. Never (0) b. Monthly or less (1) c. 2-4 times a month (2) d. 2-3 times a week (3) e. 4 or more times a week (4)

2. How many standard drinks containing alcohol do you have on a typical day?

a. 1 or 2 (0) b. 3 or 4 (1) c. 5 or 6 (2) d. 7 to 9 (3) e. 10 or more (4)

3. How often do you have six or more drinks on one occasion?

a. Never (0) b. Less than monthly (1) c. Monthly (2) d. Weekly (3) e. Daily or almost daily (4)

A score of 3 or more is positive for women and 4 or more for men

If positive screen, use AUDIT 10 form

AUDIT-10 score

- <8 = lower risk drinking: review ***Low Risk Drinking Guidelines*** and encourage healthy choices
- 8-13 for women or 8-15 for men = at-risk drinking or mild alcohol use disorder: use ***Brief Intervention STAMP***
- >13 for women or >15 for men = alcohol use disorder: use ***Alcohol: AUD flow sheet custom form***

Brief intervention: AUDIT-10 score 8- 13 for women, 8-15 for men

Adapted from the WHO guidelines.

http://whqlibdoc.who.int/publications/2010/9789241599399_eng.pdf

Give feedback and advice. Encourage responsibility. Demonstrate empathy.

1. Review the **Low Risk Drinking Guidelines Custom Form**
2. Make it personal: link to health, employment or social consequences in patient's life
3. Determine patient's goals
4. Advise patient to reduce drinking and give advice from the **Low Risk Drinking Guidelines Custom Form**
5. Offer a follow-up in 4 to 6 weeks

DSMV:

Diagnose: ask about alcohol use (amount, frequency, duration), quit attempts, cravings and consequences.

- Alcohol is taken in larger amounts or for a longer period than intended
- There is a persistent desire or unsuccessful efforts to cut down or control alcohol use
- A great deal of time is spent in activities necessary to obtain alcohol, use alcohol or control alcohol use
- Craving or strong desire to use alcohol
- Recurrent alcohol use resulting in a failure to fulfill major role obligations at work, school or home
- Continued use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of alcohol
- Important social, occupational or recreational activities are given up or reduced because of alcohol use
- Recurrent alcohol use in situations where it is physically hazardous
- Alcohol use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is caused or exacerbated by alcohol
- Tolerance: Either a) A need for markedly increased amounts of alcohol to achieve intoxication or desired effect or b) A markedly diminished effect with continued use of the same amount of alcohol
- Withdrawal: Either a) The characteristic withdrawal syndrome for alcohol or b) Alcohol is taken to relieve or avoid withdrawal symptoms.

2-3 = Mild AUD

4-5 = Moderate AUD

6 or more = Severe AUD