### What’s “low-risk” drinking?

<table>
<thead>
<tr>
<th>Low-risk drinking limits</th>
<th>MEN</th>
<th>WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>On any single DAY</strong></td>
<td>No more than 4 drinks on any day <strong>AND</strong> No more than 14 drinks per week</td>
<td>No more than 3 drinks on any day <strong>AND</strong> No more than 7 drinks per week</td>
</tr>
<tr>
<td><strong>Per WEEK</strong></td>
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<td></td>
</tr>
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To stay low risk, keep within BOTH the single-day AND weekly limits.

---

National Institute on Alcohol Abuse and Alcoholism. (2013). Rethinking Drinking: Alcohol and your health (NIH Publication No. 10-3770)

www.rethinkingdrinking.niaaa.nih.gov
What’s “low-risk” drinking?

“Low risk” is not “no risk.” Even within these limits, drinkers can have problems if they drink too quickly, have health problems, or are older (both men and women over 65 are generally advised to have no more than 3 drinks on any day and 7 per week). Based on your health and how alcohol affects you, you may need to drink less or not at all. It’s safest to avoid alcohol altogether if you are

- taking medications that interact with alcohol
- managing a medical condition that can be made worse by drinking
- underage
- planning to drive a vehicle or operate machinery
- pregnant or trying to become pregnant

What’s “low-risk” drinking?

“Low risk” is not “no risk.” Even within these limits, drinkers can have problems if they drink too quickly, have health problems, or are older (both men and women over 65 are generally advised to have no more than 3 drinks on any day and 7 per week). Based on your health and how alcohol affects you, you may need to drink less or not at all. It’s safest to avoid alcohol altogether if you are

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- pregnant or trying to become pregnant
What’s a Standard Drink?

Although the drinks below are different sizes, each contains approximately the same amount of alcohol and counts as a single standard drink

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</tr>
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</table>

- 3-4 oz of fortified wine (sherry, port etc.)
- 2-3 oz of cordial, liqueur, or aperitif
- 1.5 oz of brandy (1 jigger or shot)
- 1.5 fl oz shot of 80-proof spirits ("hard liquor")

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High-risk drinking may lead to social, legal, medical, domestic, job and financial problems. It may also cut your lifespan and lead to accidents and death from drunken driving.
Alcohol Pre-Screen:
How many times in the past year have you had X or more drinks in a day?
(X equals 5 for men and 4 for women). Reporting 1 or more occurrences of this is considered a positive result and should trigger more in-depth screening and possibly a brief intervention.

Drug Pre-Screen:
How many times in the past year have you used an illegal drug or used a prescription medication for non-medical reasons?
A score of 1 or more is considered a positive result and should trigger more in-depth screening and possibly a brief intervention.

Tobacco Pre-Screen:
Do you currently smoke or use any form of tobacco?
Yes = a positive screen and should trigger more in-depth screening and possibly a brief intervention.

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3 QUESTION AUDIT

The AUDIT-C is scored on a scale of 0-12 (scores of 0 reflect no alcohol use). In men, a score of 4 or more is considered positive; in women, a score of 3 or more is considered positive. Generally, the higher the AUDIT-C score, the more likely it is that the patient's drinking is affecting his/her health and safety. However, if the score is derived primarily for question 1, the patient is not necessarily at risk.

1. **How often do you have a drink containing alcohol?**
   - Never 0
   - Monthly or less 1
   - 2 - 4 times a month 2
   - 2 - 3 times a week 3
   - 4 or more times a week 4

2. **How many drinks containing alcohol do you have on a typical day when you are drinking?**
   - 1 or 2 drinks 1
   - 3 or 4 drinks 2
   - 5 or 6 drinks 3
   - 7 to 9 drinks 4
   - 10 or more 5

3. **How often do you have five or more drinks on one occasion?**
   - Never 0
   - Less than monthly 1
   - Monthly 2
   - Weekly 3
   - Daily or almost daily 4


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5. How often during the last year have you failed to do what was normally expected of you because of drinking? Never Less than monthly Monthly Weekly Daily or almost daily

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To reflect standard drink sizes in the United States, the number of drinks in question 3 was changed from 6 to 5. A free AUDIT manual with guidelines for use in primary care is available online at www.who.org. Excerpted from NIH Publication No. 11–7805 | www.niaaa.nih.gov/YouthGuide

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<td>Alcohol Education</td>
</tr>
<tr>
<td>8-15</td>
<td>Simple Advice</td>
</tr>
<tr>
<td>16-19</td>
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</tr>
<tr>
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<tr>
<td>2. Do you abuse more than one drug at a time?</td>
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<td>3. Are you unable to stop using drugs when you want to?</td>
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<td>4. Have you ever had blackouts or flashbacks as a result of drug use?</td>
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<td>5. Do you ever feel bad or guilty about your drug use?</td>
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**DRUG ABUSE SCREENING TEST- DAST-10**

These Questions Refer to the Past 12 Months

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## DAST Scoring

### DAST-10 Interpretation (Each “Yes” response = 1)

<table>
<thead>
<tr>
<th>SCORE</th>
<th>Degree of Problems Related to Drug Abuse</th>
<th>Suggested Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No Problems Reported</td>
<td>Encouragement &amp; education</td>
</tr>
<tr>
<td>1-2</td>
<td>Low Level</td>
<td>Risky Behavior- Feedback &amp; Advice</td>
</tr>
<tr>
<td>3-5</td>
<td>Moderate Level</td>
<td>Harmful Behavior- Feedback &amp; Counseling; Possible referral for specialized assessment</td>
</tr>
<tr>
<td>6-8</td>
<td>Substantial Level</td>
<td>Intensive Assessment and referral</td>
</tr>
<tr>
<td>9-10</td>
<td>Severe Level</td>
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DAST Scoring
CAGE-Adapted to Include Drugs (CAGE-AID)

1. Have you ever felt you should CUT down on your drinking or drug use?
   - Drinking: YES _____ NO _____
   - Drug Use: YES _____ NO _____

2. Have people ANNOYED you by criticizing your drinking or drug use?
   - Drinking: YES _____ NO _____
   - Drug Use: YES _____ NO _____

3. Have you ever felt bad or GUILTY about your drinking or drug use?
   - Drinking: YES _____ NO _____
   - Drug Use: YES _____ NO _____

4. Have you ever had an EYE OPENER (a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover)?
   - Drinking: YES _____ NO _____
   - Drug Use: YES _____ NO _____

Scoring: Regard one or more “yes” responses to the CAGE-AID as a positive screen.

TACE was designed for use in obstetric settings to identify women who are at-risk drinkers.

**Tolerance:** “How many drinks does it take to make you feel high?”

(More than 2 drinks = 2 points)

**Annoyed:** “Have people annoyed you by criticizing your drinking?”

(Positive response = 1 point)

**Cut down:** “Have you ever felt that you ought to cut down on your drinking?”

(Positive response = 1 point)

**Eye opener:** “Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?”

(Positive response = 1 point)

Any score of 2 total points or higher on the TACE survey indicates a positive screen for at-risk drinking.


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(Positive response = 1 point)

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Fagerstrom Test for Nicotine Dependence *

Is smoking “just a habit” or are you addicted? Take this test and find out your level of dependence on nicotine.

1. How soon after you wake up do you smoke your first cigarette?
   - After 60 minutes (0)
   - 31-60 minutes (1)
   - 6-30 minutes (2)
   - Within 5 minutes (3)

2. Do you find it difficult to refrain from smoking in places where it is forbidden?
   - No (0)
   - Yes (1)

3. Which cigarette would you hate most to give up?
   - The first in the morning (1)
   - Any other (0)

4. How many cigarettes per day do you smoke?
   - 10 or less (0)
   - 11-20 (1)
   - 21-30 (2)
   - 31 or more (3)

5. Do you smoke more frequently during the first hours after awakening than during the rest of the day?
   - No (0)
   - Yes (1)

6. Do you smoke even if you are so ill that you are in bed most of the day?
   - No (0)
   - Yes (1)

Is smoking “just a habit” or are you addicted? Take this test and find out your level of dependence on nicotine.

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   - After 60 minutes (0)
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5. Do you smoke more frequently during the first hours after awakening than during the rest of the day?
   - No (0)
   - Yes (1)

6. Do you smoke even if you are so ill that you are in bed most of the day?
   - No (0)
   - Yes (1)
Your score was: _______. Your level of dependence on nicotine is:

0-2: very low dependence  3-4: low dependence  5: Medium dependence  6-7: high dependence  8-10: very high dependence

Scores under 5: Your level of nicotine dependence is still low. You should act now before your level of dependence increases.

Score of 5: Your level of nicotine dependence is moderate. If you don’t quit soon, your level of dependence on nicotine will increase until you may be seriously addicted. Act now to end your dependence on nicotine.

Score over 7: Your level of dependence is high. You aren’t in control of your smoking – it is in control of you! When you make the decision to quit, you may want to talk with your doctor about nicotine replacement therapy or other medications to help you break your addiction.

The CRAFFT Screening Interview

Begin: “I'm going to ask you a few questions that I ask all my patients. Please be honest. I will keep your answers confidential.”

Part A
During the PAST 12 MONTHS, did you:

<table>
<thead>
<tr>
<th>Question</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Drink any alcohol (more than a few sips)? (Do not count a few sips of alcohol taken during family or religious events)</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>2. Smoke any marijuana or hashish?</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>3. Use anything else to get high? (“anything else” includes illegal drugs, synthetic marijuana, over-the-counter and prescription drugs, or things that people sniff or “huff”)</td>
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For clinic use only: Did the patient answer “yes” to any questions in Part A?

<table>
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<tr>
<td>No</td>
<td>Ask CAR question only, then stop</td>
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<td>Yes</td>
<td>Ask all 6 CRAFFT questions</td>
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The CRAFFT Screening Interview

Begin: “I'm going to ask you a few questions that I ask all my patients. Please be honest. I will keep your answers confidential.”

Part A
During the PAST 12 MONTHS, did you:

<table>
<thead>
<tr>
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<th>No</th>
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<tr>
<td>1. Drink any alcohol (more than a few sips)? (Do not count a few sips of alcohol taken during family or religious events)</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>2. Smoke any marijuana or hashish?</td>
<td>□</td>
<td>□</td>
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**Part B**

1. Have you ever ridden in a **CAR** driven by someone (including yourself) who was “high” or had been using alcohol or drugs?  
   - [ ] No  
   - [ ] Yes

2. Do you ever use alcohol or drugs to **RELAX**, feel better about yourself, or fit in?  
   - [ ] No  
   - [ ] Yes

3. Do you ever use alcohol or drugs while you are by yourself, or **ALONE**?  
   - [ ] No  
   - [ ] Yes

4. Do you ever **FORGET** things you did while using alcohol or drugs?  
   - [ ] No  
   - [ ] Yes

5. Do your **FAMILY** or **FRIENDS** ever tell you that you should cut down on your drinking or drug use?  
   - [ ] No  
   - [ ] Yes

6. Have you ever gotten into **TROUBLE** while you were using alcohol or drugs?  
   - [ ] No  
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*Two or more **YES** answers on the CRAFFT suggest a serious problem and need for further assessment.*

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Probability of a Substance Use Disorder

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2. Talking Points for Clinician Counseling

No Use

- Not using drugs and alcohol is a smart decision for your health. You should be proud of yourself. If that ever changes, I hope you trust me enough that we can talk about it.

Any Use

- My recommendation as your doctor is not to use drugs or alcohol at all.

CRAFFT score ≥ 2

- I am quite concerned about you. Let’s plan a follow-up meeting in about a month.

3. Counseling Points for All

- Alcohol and drugs can affect brain development, which continues into your mid-20s.
- Early alcohol and drug use greatly increases your risk for developing addiction, major depression, anxiety disorders, and psychotic thinking.
- Alcohol can hurt and scar your liver; marijuana can hurt your lungs
- Alcohol and drugs can cause car crashes. Marijuana impairs driving just as much as alcohol does, and its effects last longer.

4. Give each patient the Contact for Life  http://www.sadd.org/contract.htm#cfl

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1. Relevant to changing a wide range of health-related behaviors
2. Predictable sequence of stages (attitudes, intentions, behaviors)
3. Non-linear pattern of progress typical

BASICALLY, THE MODEL DESCRIBES 5 STAGES OF CHANGE:
1. Precontemplation
2. Contemplation
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Job of Brief Interventions:

- **Raise the Subject:** “If it’s okay with you, let’s take a minute to talk about the screening questions you answered today.”

- **Provide Feedback:** “I can tell you that drinking (drug use) at this level can be harmful to your health and possibly responsible for the health problem you came in for today (and/or may interact in a harmful way with your medication).”

- **Enhance Motivation:** “On a scale of 0-10, how ready are you to cut back your use?”
  - If >0: “Why that number and not a _ (lower number)
  - If 0: “Have you ever done anything while drinking (using drugs) that you later regretted?”

- **Negotiate Plan:** “What steps can you take to cut back your use?”
  “How would your drinking (drug use) have to impact your life in order for you to start thinking about quitting or cutting back?”

Components of Brief Interventions: The FRAMES Model

- Feedback
- Responsibility
- Advice
- Menu of options
- Empathy
- Self efficacy

FLO: The 3 Tasks of a Brief Intervention

**Feedback**

**Listen and Understand**

**Options Explored**
