

SCREENING FOR ALCOHOL PROBLEMS

ASK CURRENT DRINKERS (NIAAA questions)

- On average, how many days per week do you drink alcohol?
- On a typical day when you drink, how many drinks do you have?
- What's the maximum number of drinks you had on a given occasion in the last month?

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 (**EYE OPENER**) to steady your nerves, rid hangover, or get your day started?

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?

AT-RISK DRINKING

	PER WEEK	PER OCCASION
MEN	> 14 DRINKS	> 4 DRINKS
WOMEN	> 7 DRINKS	> 3 DRINKS
AGE > 65	> 7 DRINKS	> 3 DRINKS

Standard Drink = 12g of pure alcohol

1.5 oz of liquor

5 oz glass of wine

12 oz of beer



READINESS TO CHANGE RULER



SBIRT
BRIEF NEGOTIATED INTERVIEW (BNI) STEPS

1. Screen patient	➤ (use NIAAA or CAGE)
2. Raise subject	➤ Hello, I am _____. Would you mind taking a few minutes to talk with me about your alcohol/ drug use? <<PAUSE>>
3. Provide feedback Review screen Make connection Show NIAAA guidelines & norms	➤ From what I understand you are drinking/using [insert screening data]... We know that drinking above certain levels can cause problems, such as [insert facts]...I am concerned about your drinking/ drug use. ➤ What connection (if any) do you see between your drinking/ drug use and this medical visit? If patient sees connection: reiterate what patient has said If patient does not see connection: make one using facts ➤ These are what we consider the upper limits of low risk drinking for your age and sex. By low risk we mean that you would be less likely to experience illness or injury if you stayed within these guidelines.
4. Enhance motivation Readiness to change Develop discrepancy	➤ [Show readiness ruler] On a scale from 1-10, how ready are you to change any aspect of your drinking or seek treatment? ➤ If patient says: ≥2 ask Why did you choose that number and not a lower one?; ≤1 or unwilling, ask 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? Discuss pros & cons.
5. Negotiate & advise Negotiate goal Give advice Summarize Provide handouts Suggest PC f/u Thank patient	➤ Reiterate what patient says in Step 3 and say, What's the next step? ➤ If you can stay within these limits you will be less likely to experience [further] illness or injury related to alcohol/drug use. ➤ This is what I've heard you say...Here is a drinking/treatment agreement I would like you to fill out, reinforcing your new drinking or treatment goals. This is really an agreement between you and yourself. ➤ Provide: - Drinking agreement or treatment agreement - Patient general health information handout ➤ Suggest f/u to discuss drinking/ drug use ➤ Thank patient for his/her time