

What is a standard drink?

12 oz Beer	=	8-9 oz Malt Liquor	=	5 oz Wine	=	1.5 oz/ 1 shot
	=		=		=	
~5%		~7%		~12%		~40%

The percent of "pure" alcohol expressed here as alcohol/volume varies by beverage.



Not at all

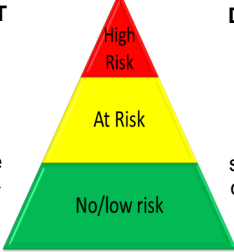


Do you sometimes drink beer, wine or liquor?

How many times in the last 12 months have you had X or more drinks in one day?

Men: X = 5 Women: X = 4

Your Risk Level:

AUDIT		DAST
≥14	High Risk	≥3
4-13 or + single question	At Risk	1-2 or + single question
	No/low risk	

How many times in the past year have you used an illegal drug or used a prescription medication for nonmedical reasons?

Lower Risk Drink Limits

	Per Day	Per Week
Healthy Men	4	14
Healthy Women	3	7
All ages >65	3	7

No drinking/using if driving, pregnant, possibly dependent or otherwise contraindicated

Extremely

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Zone II: At Risk AUDIT 4-13; DAST 1-2 or Positive Single-Question Screen		Zone III: High Risk AUDIT ≥ 14; DAST 3+
Raise the Subject	Ask permission: "I appreciate you answering our health questionnaire.. Could we take a minute to discuss your results?"	
Provide Feedback	<ol style="list-style-type: none"> 1. Identify risk level: refer to pyramid & provide patient's AUDIT/DAST score & risk level(s). "What do you make of this?" 2. Explain any connection between substance use and the reason(s) for patient's current medical visit. 3. Educate regarding low risk drinking limits 4. Give recommendation to quit or cut back. 	<p>Additional Steps:</p> <p>Ask: "If you go a day or 2 without drinking/using do you ever get sick, shaky, have tremors/seizures/cramps, or see/hear things that are not there?"</p> <p>Offer menu of options for more help:</p> <ul style="list-style-type: none"> ▶ Medication (naltrexone, acamprosate, disulfiram, methadone, Suboxone) ▶ Referral <ul style="list-style-type: none"> • Counseling/Brief treatment • Support group (e.g., AA, NA, Celebrate Recovery) • Treatment or substance abuse program
Enhance Motivation	<p>On a scale of 0-10, how <u>ready</u> are you to cut back or quit your alcohol/drug use?"</p> <p>If >0, "Why that number and not a lower one?" [If time allows, also use <i>rulers to ask about importance, confidence</i>]</p> <p>Use OARS: Open-ended questions, Affirmations, Reflections, Summaries.</p> <p>Look for and reflect change talk.</p> <p>If readiness is low, ask about good & not so good aspects of substance use.</p>	
Negotiate Plan	<p>If you were to make a change, what would be your first step?"</p> <p>Encourage a specific plan/goal to reduce use, abstain and/or seek referral.</p> <p>Support patient autonomy & make an affirming statement.</p> <p>Schedule follow-up.</p>	

Funded by SAMHSA
 Grant
 #1U79T1026019
 Revised December
 2015

