

Low-risk drinking limits

	Drinks per week	Drinks per day
Men	14	4
Women	7	3
All ages >65	7	3
Pregnancy	0	0



12 oz.
beer

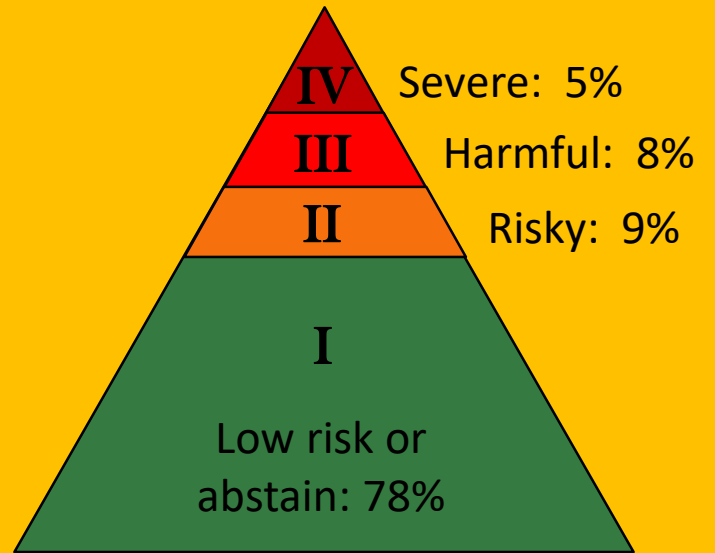


5 oz.
glass of
wine



1.5 oz
(shot) of
liquor

Drinking among adult primary care patients



Some risks of unhealthy drinking

Depression. Anxiety.
Aggressive behavior.

Cancer of the
throat and mouth.

Frequent colds, reduced
resistance to infection,
Increased risk of pneumonia.

Liver damage.

Pregnancy: Birth defects,
miscarriage, premature birth,
low birth weight.

Sexually transmitted diseases.
Men: erectile dysfunction.

Painful nerves. Numb, tingling toes.

Alcohol use disorder.
Insomnia. Memory loss.

Premature aging.

Hypertension. Heart failure.
Anemia. Blood clotting.
Breast cancer.

Vitamin deficiency. Bleeding.
Stomach inflammation.
Diarrhea. Malnutrition.

Inflammation of the pancreas.

Impaired sensation leading to falls.

Failure to fulfill obligations at work, school,
or home. Car accidents. Legal problems.



Readiness ruler



Steps of the brief intervention

Raise the subject

- “Thanks for filling out this form – is it okay if we briefly talk about your substance use?”
- “Just so you know, my role is to help you assess the risks so you can make your own decisions. I want to help you improve your quality of life on your own timeline.”
- “What can you tell me about your substance use?”

Share information

- Explain any association between the patient’s use and their health complaint, then ask, “Do you think your use has anything to do with your [anxiety, insomnia, STD, etc.]?”
- Share information about general risks of use and/or low-risk limits of alcohol use.
- Ask the patient: “What do you think of this information?”

Enhance motivation

- Ask pt about perceived pros and cons of their use, then summarize what you heard.
- “Where do you want to go from here in terms of your use? What’s your goal, or vision?”
- Gauge patient’s readiness/confidence to reach their goal. If using Readiness Ruler: “Why do did you pick that number on a scale of 0-10 instead of ____ [lower number]?”

Identify plan

- If patient is ready, ask: “What steps do you think you can take to reach your goal?”
- Affirm the patient’s readiness/confidence to meet their goal and affirm their plan.
- “Can we schedule an appointment to check in and see how your plan is going?”

Oregon hotline that quickly identifies resources for patients ready to accept treatment:

1-800-923-4357

Interpreting the AUDIT and DAST screening tools

Score	Zone	Action
AUDIT: 0-3/4 Women/Men USAUDIT: 0-6/7 Women/Men DAST: 1-2 (infrequent use of cannabis only)	I Low Risk	Brief education
AUDIT: 4-12, 5-14 Women/Men USAUDIT: 7/8-15 Women/Men DAST: 1-2	II Risky	Brief intervention
AUDIT: 13/15-19 Women/Men USAUDIT: 16-19 DAST: 3-5	III Harmful	Brief intervention (offer options that include treatment)
AUDIT: 20+ USAUDIT: 20+ DAST: 6+	IV Severe	

Billing codes

Screening only	
Medicaid:	CPT 96160
Screening plus brief intervention	
Medicaid:	≥15 min: CPT 99408 ≥30 min: CPT 99409
Medicare:	5-14 min: G2011 ≥15 min: G0396 ≥30 min: G0396