Drinking among adult primary care patients

<table>
<thead>
<tr>
<th>Low-risk drinking limits</th>
<th>Drinks per week</th>
<th>Drinks per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>14</td>
<td>4</td>
</tr>
<tr>
<td>Women</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>All ages &gt;65</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>Pregnancy</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

- 12 oz. beer
- 5 oz. glass of wine
- 1.5 oz (shot) of liquor

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.
- Inflammation of the pancreas.
- Impaired sensation leading to falls.
- Failure to fulfill obligations at work, school, or home. Car accidents. Legal problems.

Readiness ruler

- Not at all
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 Very

- Harmful: 8%
- Risky: 9%
- Low risk or abstain: 78%
- Severe: 5%
Steps of the brief intervention

Raise the subject
- “Thank you for answering these questions - is it ok if we review them together?”
- If yes: “Can you tell me in your own words about your drinking or drug use? What does a typical week look like?”

Provide feedback
- “I recommend all my patients drink less than low-risk limits (or abstain from drug use). This can prevent new health problems or current ones grow worse.”
- “Most patients who score at this level have trouble cutting back, and experience repeated negative consequences from their use. I recommend these patients abstain.”

Enhance motivation
- “What do you like about your drinking/drug use? What do you not like, or are concerned about when it comes to your use?”
- “On a scale of 0-10, how ready are you to cut back/receive specialized treatment? Why do you think you picked that number rather than a ____ (lower number)?”

Negotiate plan
- Summarize conversation. If patient is ready to change: “What steps do you think you can take to reach your goal of cutting back/seeking specialized treatment?”
- “Can we schedule an appointment to check in and see how your plan is going?”

Oregon hotline that quickly identifies treatment resources for patients experiencing a substance use disorder: 1-800-923-4357

Interpreting the AUDIT and DAST screening tools

<table>
<thead>
<tr>
<th>Score</th>
<th>Zone</th>
<th>Action</th>
</tr>
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</table>
| **AUDIT:** Women: 0-3, Men: 0-4  
DAST: 1-2, plus no daily use of any substance; no weekly use of drugs other than cannabis; no injection drug use in the past three months; not currently in substance abuse treatment. | I Low Risk | **AUDIT:** Brief education  
**DAST:** Brief education; monitor and reassess at next visit |
| **AUDIT:** Women: 4-12, Men: 5-14  
DAST: Women and Men: 1-2 | II Risky | Brief intervention |
| **AUDIT:** Women: 13-19,  
Men: 15-19  
DAST: Women and Men: 3-5 | III Harmful | Brief intervention (consider referral) |
| **AUDIT:** Women and Men: 20+  
DAST: Women and Men 6+ | IV Severe | Referral to specialized treatment |

Billing codes

<table>
<thead>
<tr>
<th>Screening only</th>
<th>Screening plus brief intervention</th>
</tr>
</thead>
</table>
| [Commercial 
& Oregon Medicaid] CPT 96160  
Medicare G0442 | [Commercial 
& Oregon Medicaid] ≥15 min: CPT 99408  
≥30 min: CPT 99409  
Medicare ≥15 min: G0396  
≥30 min: G0396 |