Low-risk drinking limits

<table>
<thead>
<tr>
<th></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

Drinking among adult primary care patients

- Severe: 5%
- Harmful: 8%
- Risky: 9%
- Low risk or abstain: 78%

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.
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 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

<table>
<thead>
<tr>
<th>Score</th>
<th>Zone</th>
<th>Action</th>
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</thead>
</table>
| AUDIT: Women: 0-3, Men: 0-4  
DAST: 1-2 (infrequent use of cannabis only) | I Low Risk | Brief education |
| 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 (offer options that include treatment) |
| AUDIT: Women and Men: 20+  
DAST: Women and Men 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

Medicaid:  
- ≥15 min: CPT 99408
- ≥30 min: CPT 99409