

## Límites de consumo de U.S.A

	Beber con moderación	Consumo excesivo de alcohol
Adultas	1 o 2 tragos por día	4 o 5 tragos por ocasión
Adolescentes	0	0
El embarazo	0	0

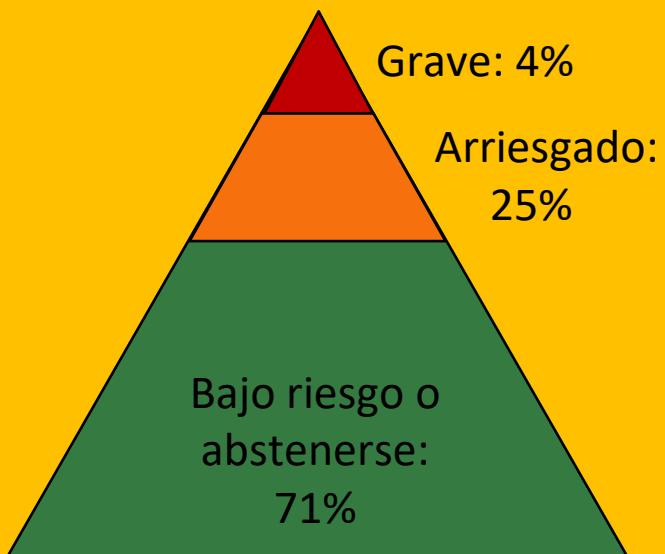
12 oz de cerveza



5 oz copa de vino

1.5 oz de licor

## Categorías de la bebida



## Los riesgos de beber malsano

Depresión. Ansiedad.

El comportamiento agresivo.

El cáncer de la garganta y la boca.

Resfriados frecuentes, reducción de la resistencia a la infección, mayor riesgo de neumonía

El daño hepático.

Disfunción eréctil. Riesgo de deformación, retraso en el desarrollo, o de bajo peso al nacer los bebés.

Nervios dolorosos. Adormecer, dedos de los pies hormigüeo.

La dependencia del alcohol. Insomnio.

La pérdida de memoria.

El envejecimiento prematuro.

Hipertensión. La insuficiencia cardíaca. La anemia. Coagulación de la sangre. El cáncer de mama.

La deficiencia de vitamina. Sangrado. Inflamación del estómago. Diarrea. desnutrición.

La inflamación del páncreas

Sensación alterada que lleva a las caídas.

El incumplimiento de las obligaciones en el trabajo, la escuela o el hogar. Los accidentes automovilísticos. Los problemas legales.

## Regla de Preparación



## 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? You may want to change it or make a new plan.”

National hotline that quickly identifies resources for individuals ready to accept treatment:

**800–662–4357**

### Interpreting the AUDIT and DAST screening tools

AUDIT score		DAST score	Zone	Action
Women, gender minorities, all age ≥65	Men age <65	All	I Low Risk	Brief education
0 - 3	0 - 4	0		
4 - 12	5 - 14	1 - 2		Brief intervention
13 - 19	15 - 19	3 - 5		Brief intervention (offer options that include treatment)
20+	20+	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