

AUDIT

PATIENT: Because alcohol use can affect your health and can interfere with certain medications and treatments, it is important that we ask some questions about your use of alcohol. Your answers will remain confidential, so please be honest.

For each question in the chart below, place an X in one box that best describes your answer.

NOTE: In the US, a single drink serving contains about 14 grams of ethanol or "pure" alcohol. Although the drinks below are different sizes, each one contains the same amount of pure alcohol and counts as a single drink:



12 oz. of
beer
(about 5%
alcohol)

8-9 oz. of
malt liquor
(about 7%
alcohol)

5 oz. of
wine
(about 12%
alcohol)

1.5 oz. of
hard liquor
(about 40%
alcohol)

Questions	0	1	2	3	4
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2 to 4 times a month	2 to 3 times a week	4 or more times a week
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more
3. How often do you have 5 or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
4. How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year
					Total

Note: This questionnaire (the AUDIT) is reprinted with permission from the World Health Organization. To reflect drink serving sizes in the United States (14g of pure alcohol), the number of drinks in question 3 was changed from 6 to 5. A free AUDIT manual with guidelines for use in primary care settings is available online at www.who.org.

GUIDE TO ADMINISTERING and SCORING THE AUDIT:

Positive screen: Women ≥ 4 ; Men ≥ 8

Administer yearly or in patients with alcohol related chronic condition, STI, or trauma

Quantify average daily and weekly use and document in note.

A reminder of the RECOMMENDED Upper LIMITS for Alcohol Use:

Women: no more than 7 drinks per week and no more than 3 on one occasion

Men: no more than 14 drinks per week and no more than 4 on one occasion

POSITIVE SCREEN= ASSESS FOR ALCOHOL USE DISORDERS USING THE BELOW DSM-V CRITERIA:

- **EXCEEDING LIMITS:** Alcohol is often taken in larger amounts or over a longer period than was intended.
- **UNABLE TO CUT DOWN:** There is a persistent desire or unsuccessful efforts to cut down or control alcohol use.
- **MORE TIME DRINKING:** A great deal of time is spent in activities necessary to obtain alcohol, use alcohol, or recover from its effects.
- **LESS TIME ON OTHER MATTERS:** Important social, occupational, or recreational activities are given up or reduced because of alcohol use.
- **CRAVING:** Craving, or a strong desire or urge to use alcohol.
- **ROLE-FAILURE:** Recurrent alcohol use resulting in a failure to fulfill major role obligations at work, school, or home.
- **RELATIONSHIP TROUBLE:** Continued alcohol use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of alcohol.
- **RISK OF BODILY HARM:** Recurrent alcohol use in situations in which it is physically hazardous.
- **KEPT DRINKING DESPITE PROBLEMS:** Alcohol use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by alcohol.
- **TOLERANCE:** as defined by either of the following:
 - A need for markedly increased amounts of alcohol to achieve intoxication or desired effect
 - A markedly diminished effect with continued use of the same amount of alcohol
- **WITHDRAWAL**
 - Withdrawal syndrome
 - Alcohol or another substance taken to avoid withdrawal symptoms

MILD ALCOHOL USE DISORDER: 2-3 Criteria

MODERATE ALCOHOL USE DISORDER: 4-6 Criteria

SEVERE ALCOHOL USE DISORDER: ≥ 6 Criteria

INTERVENTIONS:

1. *Brief Intervention: negotiate cutting back or abstaining from alcohol use*

*Provider Resources: <http://pubs.niaaa.nih.gov/publications/Practitioner/CliniciansGuide2005/guide.pdf>

*Patient Resources: <http://rethinkingdrinking.niaaa.nih.gov/> -Lots of handouts, interactive tools, etc

2. *Referral to mutual-help group like AA*

http://www.aa.org/lang/en/central_offices.cfm?origpage=373&cmd=getgroups&state=lowa&country=United%20States

<http://www.cfiwest.org/sos/find.htm> (Secular Organizations for Sobriety)

3. *Referral for Cognitive Behavioral Therapy:* Consider referral recommendation from Dr. Jansen, pager 5781

4. *Medication management for alcohol use disorders*

* <http://www.nejm.org/doi/full/10.1056/nejmcp1204714> (SEE TABLE ON MEDICATION OPTIONS)

5. *Chemical Dependency Service (CDS) Consult at UIHC:*

*Urgent outpatient: Dave Barloon, Pager 7236

*Non-Urgent Referrals for intake evaluation: Georgia Kasper, Pager 7203, Phone 48093

6. *Inpatient Substance Abuse Treatment:*

-Obtain CDS consult

-Johnson County- MECCA: <http://www.meccaservices.com/>

-Other Counties-IDPH FUNDED SUBSTANCE ABUSE ASSESSMENT AND TREATMENT:

http://www.idph.state.ia.us/bh/common/pdf/treatment_service_map.pdf

7. *SCREEN FOR Cooccurring Mood DISORDERS*