

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

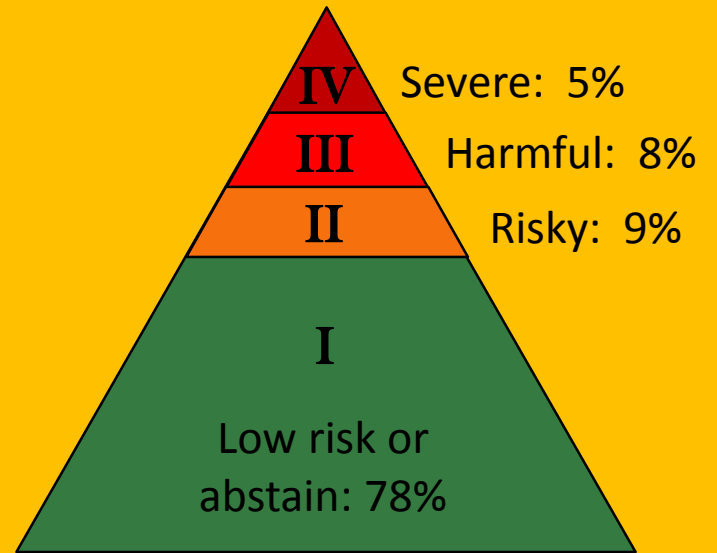


5 oz.
glass of
wine



1.5 oz
(shot) of
liquor

Drinking among adult primary care patients



Some risks of unhealthy drinking

Depression. Anxiety.
Aggressive behavior.

Alcohol use disorder.
Insomnia. Memory loss.

Cancer of the
throat and mouth.

Premature aging.

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

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

Liver damage.

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

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

Inflammation of the pancreas.

Sexually transmitted diseases.
Men: erectile dysfunction.

Impaired sensation leading to falls.

Painful nerves. Numb, tingling toes.

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

Readiness ruler



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

Score	Zone	Action
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

Screening only	
Commercial & Oregon Medicaid	CPT 96160
Medicare	G0442
Screening plus brief intervention	
Commercial & Oregon Medicaid	≥15 min: CPT 99408
Medicare	≥30 min: CPT 99409
Medicare	≥15 min: G0396
Medicare	≥30 min: G0396

