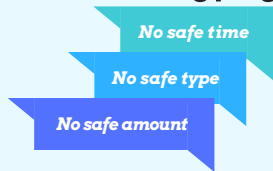


# Alcohol Use Guide

## Drink Limits

	Any Single Occasion	Per WEEK
Women	3	7
Men < 65 years	4	14
Men > 65 years	3	7

## NO alcohol use during pregnancy



## Any Alcohol Use is Risky for...

- Women who are pregnant, could be pregnant, or who plan to become pregnant
- Individuals who have a condition or are taking medications where use is medically contraindicated
- Individuals under the age of 21

## Standard Drink Definitions



12 oz  
beer  
About 5%  
alcohol



8-9 oz malt  
liquor  
About 7%  
alcohol



5 oz  
wine  
About 12%  
alcohol



1.5 oz  
spirit  
About 40%  
alcohol



Health



Legal



Pregnancy



Money

*Alcohol can  
impact...*



Injury



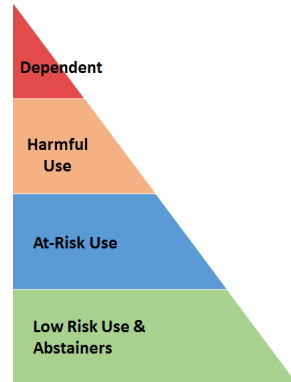
Work



Sleep



Family



## Readiness Ruler

1 2 3 4 5 6 7 8 9 10

Not at all

Somewhat

Extremely

On a scale from 1 to 10...

- How ready are you?
- How confident are you?

# SBI Reference Guide

## Steps in the BNI

- 1 Raise the Subject / Build Rapport *Do you mind if we talk about alcohol use?*
- 2 Provide feedback: Explore Using MI **OARS**
- 3 Build Readiness to Change *Readiness Ruler*
- 4 Negotiate a Plan *Can we follow-up at your next visit to check-in?  
Would you be willing to try cutting back by X drinks?*

## Key Techniques & Example Language

**Express Empathy**

- *I can imagine that might feel...*
- *I care about your health and want to understand your feelings about...*

### Develop Discrepancy

#### Non-Pregnant Patients

- I'm curious, what do you like about drinking...what don't you like about drinking...

#### Pregnant Patients

- So, it sounds like drinking alcohol occasionally helps you to relax, but you're also concerned about your developing baby's health..

### Roll with Resistance

#### Non-Pregnant Patients

- So, you don't think abstinence would work for you right now...

#### Pregnant Patients

- It sounds like you may have received conflicting advice and that is confusing to you...

### Support Self-Efficacy

- *What would a realistic change look like for you?*
- *What changes have you tried that worked in the past?*
- *What would help make reducing your alcohol use possible?*

## Core MI Skills

### O pen-ended Questions

- Tell me about...
- What do you think about...

### A ffirmations

- You seem determined to improve your health...
- It seems like you've made a great effort to...

### R eflexive Listening

- At this moment, you feel...
- It sounds like you're saying that you think...

### S ummaries

- Let me see if I have this right...
- So, let's review, you're somewhat/ready/not ready to quit/cut back and you have some options...

## AUDIT 1-3 (US)

1) How often do you have a drink containing alcohol?

- Never (0)
- Less than monthly (1)
- Monthly (2)
- Weekly (3)
- 2-3 times a week (4)
- 4-6 times a week (5)
- Daily (6)

2) How many drinks containing alcohol do you have on a typical day when you are drinking?

- 1 drink (0)
- 2 drinks (1)
- 3 drinks (2)
- 4 drinks (3)
- 5-6 drinks (4)
- 7-9 drinks (5)
- 10 or more drinks (6)

3) How often do you have X (5 for men; 4 for women & men over age 65) or MORE drinks on ONE occasion?

- Never (0)
- Less than monthly (1)
- Monthly (2)
- Weekly (3)
- 2-3 times a week (4)
- 4-6 times a week (5)
- Daily (6)

## AUDIT 1-3 Scoring

for Women & men 65+: ≥ 7 pts  
for pregnant Women: any use  
for Men: ≥ 8 pts

Scores above are considered positive and optimal for identifying alcohol use disorders or risky drinking. If patient is pregnant, provide advice about the risks to her health and the developing fetus.