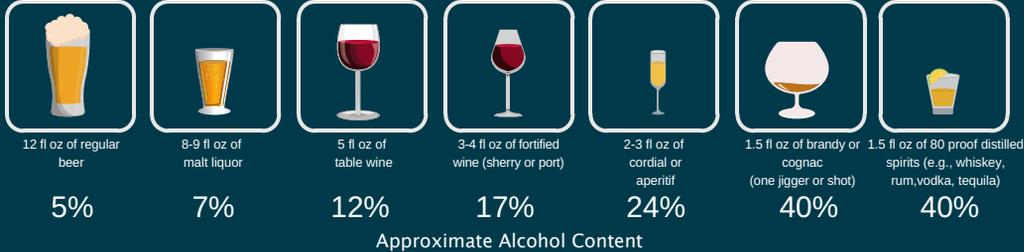


What is a "Standard" Drink?

A standard drink in the U.S. is any drink that contains about 14 grams of pure alcohol (about 0.6 fluid ounces or 1.2 tablespoons).

Source: NIAAA guide, *Helping Patients Who Drink Too Much: A Clinician's Guide*

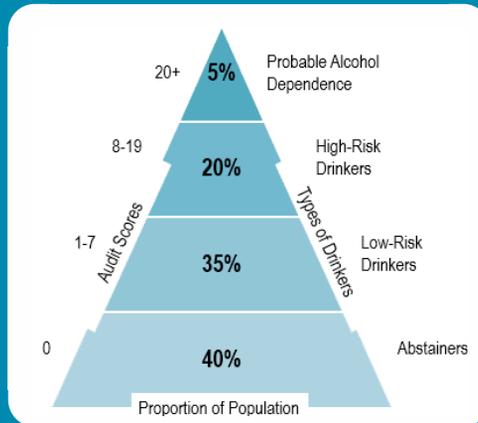


Source: <https://www.cdc.gov/alcohol/faqs.htm>

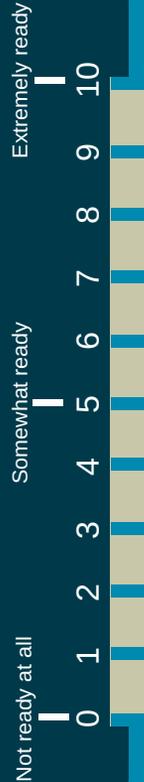
Lower Risk Drink Limits

	Per Day	Per Week
Healthy Men	4	14
Healthy Women	3	7
Over age 65	3	7

The Drinker's Pyramid



Readiness for Change Ruler



www.lunderdineen.org/alcohol-use-time-ask



Steps for a Brief Intervention

1. Raise the subject:

Ask permission to talk about the screening results.

2. Provide feedback:

- Review the screening results and identify the risk level
- Express concern
- Explain the consequences of unhealthy alcohol use
- Connect the use with the reason for the office visit, as applicable
- Ask for the patient's view of the screening results
- Provide non-judgmental advice and discuss the benefits of making a change

3. Enhance motivation:

Using the readiness for change ruler, ask:

On a scale of 1 – 10, how ready are you to make a change or cut back

On a scale of 1 – 10, how important is it to you to make a change

On a scale of 1 – 10, how confident are you that you will be able to change

Why those numbers were chosen and why a lower of higher number was not chosen

Listen, reflect, encourage and support the patient

(Note: If motivation to change is low, ask about what the good and not so good parts of drinking are and summarize both sides)

4. Negotiate a plan:

- Summarize the conversation
- Ask for the patient's thoughts
- Negotiate a specific goal
- Identify steps to accomplish the goal
- Provide resources for patient education
- Schedule a follow-up appointment
- Express thanks for having the conversation



TIME TO ASK

*Education that transforms
conversations about alcohol use*

To collaborate with us, contact Denise O'Connell, Senior Program Manager
207-805-7709 | info@lundrdineen.org