**16. Alcohol and Drug Screening By ilana Ramer Bass**

**Overview:**

* Unhealthy alcohol and other drug use are among the most common causes of preventable death and often goes unrecognized
* Goal: screen all adult primary care patients annually to identify individuals with unhealthy use and to provide a brief intervention
	+ = SBIRT (**S**creen, **B**rief **I**ntervention, **R**eferral to **T**reatment)
* Recommended limits of alcohol use:
	+ For healthy men up to age 65: no more than 4 drinks/day AND no more than 14 drinks/week
	+ For healthy women, and for men over age 65: no more than 3 drinks/day and no more than 7 drinks/week
* Tools:
	+ AUDIT-C: brief 3 question alcohol screen that can help identify persons who are hazardous drinkers or have active alcohol use disorders
	+ DAST-10: 10 yes/no items; has some utility in assessing severity

**Alcohol/Substance Abuse Screening at IMA**

1st: Single-Item Screening Questionnaire is administered by MAs:

* Do you sometimes drink beer, wine, or other alcoholic beverages:
	+ If yes, how many times in the past year have you had 4 (for women) or 5 (for men) drinks in a day?
* How many times in the past year have you used an illegal drug or used a prescription medication for non-medical reasons?

2nd: If positive, patient is handed the Audit-C (for alcohol) or the DAST-10 (for drug use)

* Intervene based on risk:

|  |  |  |  |
| --- | --- | --- | --- |
|  | **AUDIT-C** | **DAST-10** | **Intervention**  |
| **Low Risk** | 0-2 women, 0-3 men | 0-2 | Update alcohol history |
| **Moderate Risk** | 3-7 women, 4-7 men | 3-5 | Brief intervention using .alcoholdrugintervention dotphrase |
| **High Risk** | 8+ | 6+ | Refer to SW and provide warm handoff for more extensive substance abuse treatment |

**Components of the Brief Intervention:**

* Feedback on the patient’s personal risk or impairment including physical or lab findings
* Open-ended question asking what the patient thinks of the feedback
* Explain why change is important
* Provide clear advice to change (example: abstinence vs. cutting down vs. drinking in less risky situations)
* Generate goals and discuss strategies to achieve them

**Important dotphrases:**

* Educational:
	+ ,alcoholeducation; .marijuanaeducation; .cocaineeducation; .opioideducation; .otherdrugeducation
* Goals:
	+ .alcoholgoalworksheet; .druggoalsworksheet

**Community Resources** (see app for contact info):

* Mount Sinai West Addiction Institute of NY
* Mount Sinai Beth Israel OTP
* Mount Sinai St. Luke’s Treatment Center
* Lower Eastside Service Center (LESC)