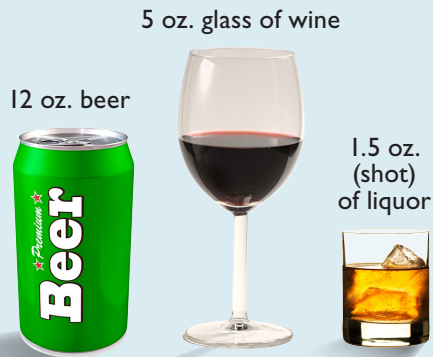
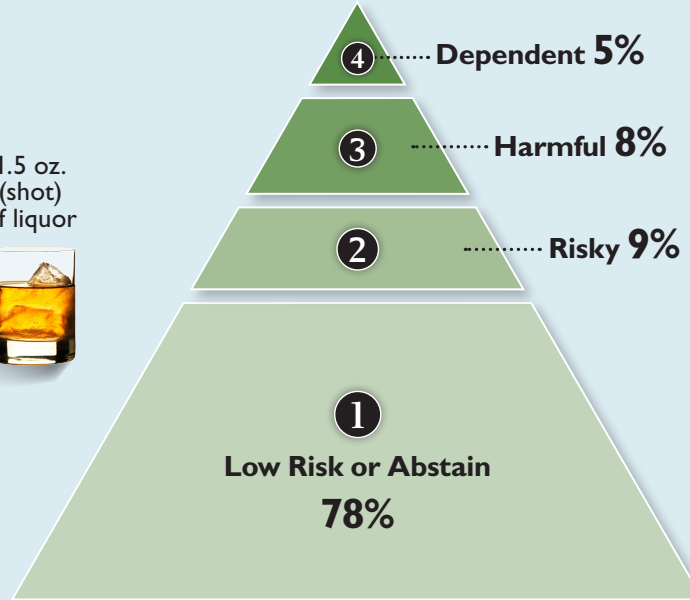


# Alcohol

## What is a standard drink?



## Risk levels



## Low-risk drinking limits

MEN 18-65



No more than:  
**14** drinks per week  
AND no more than:  
**4** drinks per day

WOMEN 18-65



No more than:  
**7** drinks per week  
AND no more than:  
**3** drinks per day

ALL AGE 66+



No more than:  
**7** drinks per week  
AND no more than:  
**3** drinks per day

## Readiness / Confidence Ruler



### Raise the subject

- Establish rapport
- Ask permission to have a discussion about the patient's alcohol / drug use
- Explain your role and set the agenda

### Provide feedback

- Review the patient's alcohol / drug use patterns
- Share the patient's AUDIT / DAST score and review NIAAA low-risk guidelines
- Explore possible connection between health problems and alcohol / drug use

### Enhance motivation

- Assess Readiness to Change – use readiness / confidence ruler
- Explore the person's reasons for change and ability to change

### Negotiate plan

- Provide a summary and ask a key question – “What do you think you will do?”
- Offer a menu of choices for change, provide recommendation, secure agreement

**1**

**Low Risk or Abstain**

AUDIT: 0-6 (women)  
0-7 (men)

DAST: 0

**2**

**Risky**

AUDIT: 7-15 (women)  
8-15 (men)

DAST: 1-2

**3**

**Harmful**

AUDIT: 16-19  
DAST: 3-5

**4**

**Dependent**

AUDIT: 20+  
DAST: 6+