

USAUDIT Quick Assessment Guide

1. Administer questions 1-3 first to screen for risky alcohol use (referred to as USAUDIT1-3)
2. Positive defined as: Male less than 65 yo ≥ 8 ; Male 65 yo and older ≥ 7 ; Female ≥ 7
3. If positive, the remaining 7 questions are asked and the entire assessment is scored.



USAUDIT Scoring Scale		
Score	Zone	Intervention
0 - 6/7	Low	Alcohol Education
7/8 - 15	Medium	Simple Advice
16 - 24	High	Simple Advice & Brief Counseling with Continued Monitoring
25 +	Severe	Referral to Specialist for Diagnostic Evaluation and Treatment

To score: Each response is scored using the number at the top of each response column. Write the appropriate number associated with each answer in the column on the right. Add all the numbers to obtain the total score.

NIAAA Low Risk Drinking Limits				
Sex	Age	Daily	Weekly	Binge (within 2 hr)
M	65 and younger	≤ 4	≤ 14	≤ 4
M	Over 65	≤ 3	≤ 7	≤ 3
F	All			

It is safest to avoid drinking if you are:

- Taking medication that interacts with alcohol
- Managing a medical condition worsened by drinking
- Underage
- Planning to drive a vehicle or operate machinery
- Pregnant or trying to become pregnant

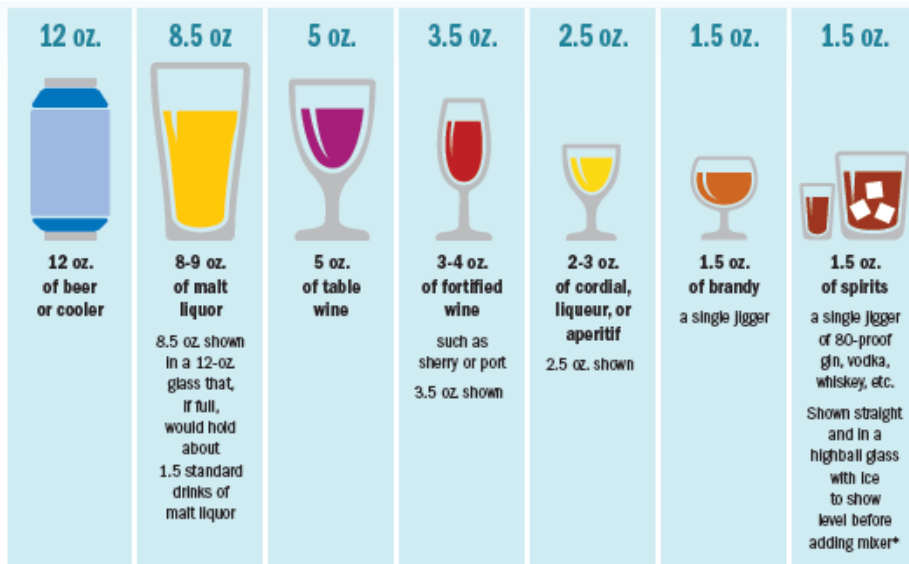
BRIEF INTERVENTION TIPS

1. **Orient the patient** (introduce yourself, reason for discussion, permission to continue)
2. **Use FLO**
 - Feedback
 - Range: AUDIT scores can range from 0 (non-drinkers) to 46 (probably dependent on alcohol)
 - AUDIT has been given to thousands of patients, so you can compare your scores with theirs
 - Normal AUDIT scores are 0 -7 representative of low-risk drinking. 1/2 of the U.S. does not drink
 - Give patients their AUDIT score. "Your score of _ means you are (at risk or high risk), putting you in danger of health problems"
 - Elicit the patient's reaction. "What do you make of that?"
 - Listen for Change Talk
 - Listen for pro-change talk – patient's concerns, problem recognition, and downsides of drinking
 - Assess pros and cons of drinking - summarize the patient's feelings
3. **Close on good terms and thank the patient for speaking with you!**
 - Summarize the patient's statements in favor of change
 - Emphasize the patient's strengths
 - What agreement was reached?

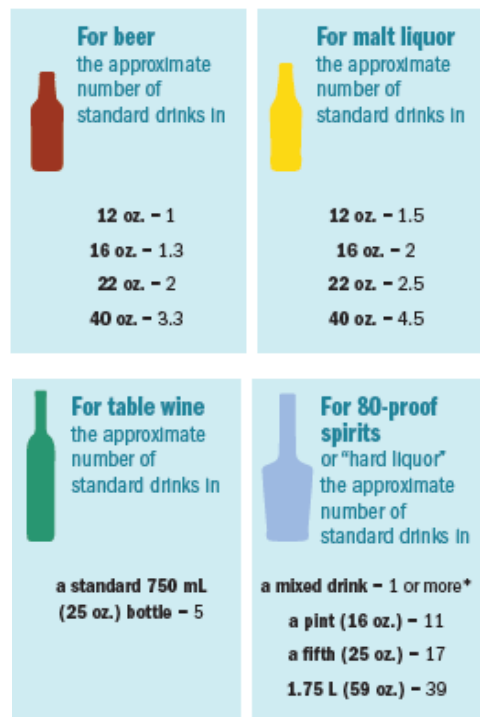
both for and against current drinking behavior

- Use a readiness ruler to assess readiness to change. ("On a scale 0-10, how ready are you to change your drinking behavior?")
- If interested in changing, ask what it would take to increase readiness score and how confident the patient is that they can change their behavior
- Reflect and summarize throughout the process
- **Options: You could:**
 - Manage your drinking
 - Eliminate drinking from your life
 - Never drink and drive
 - Usual drinking habit continuation, or
 - Seek help

It is not always easy to know what a "standard" drink is. Below are US standard drink equivalents.^a



It is also not easy to know how many drinks are in the containers in which they are sold. Below is guidance for some typical containers.



^a National Institute on Alcohol Abuse and Alcoholism. Helping Patients Who Drink Too Much: A Clinician's Guide, 2007. https://pubs.niaaa.nih.gov/publications/practitioner/cliniciansguide2005/clinicians_guide13_p_mats.htm