NIAAA QUANTITY AND FREQUENCY QUESTIONS

- On average, how many days per week do you drink alcohol?
- On a typical day when you drink, how many drinks do you have?
- What is the maximum number of drinks you had on any given occasion during the last month?

CAGE (in the last 12 months)

- Have you ever felt you should Cut down on your drinking?
- Have people Annoyed you by criticizing your drinking?
- Have you ever felt bad or Guilty about your drinking?
- Have you ever had a drink first thing in the morning to “steady your nerves” or get rid of a hangover (Eye Opener)?

SCREEN IS POSITIVE IF:

- A positive response on 1 or more questions from CAGE and/or consumption:
  - Men    > 14 drinks/week or > 4 drinks/occasion
  - Women  > 7 drinks/week or > 3 drinks/occasion
  - Over 65 years old  > 7 drinks/week or > 3 drinks/occasion

THEN ASSESS FOR:

- Medical problems: blackouts, depression, hypertension, injury, abdominal pain, liver dysfunction, sleep disorders
- Laboratory: Liver function tests, macrocytic anemia
- Behavioral problems
- Alcohol dependence

INTERVENE:
If at-risk/harmful drinker:
• Advise patient of risk.

• Set drinking goals.

• Provide referral to primary care.

*If alcohol dependent drinker:*

• Assess acute risk of intoxication/withdrawal.

• Negotiate referral (i.e. detoxification, AA and primary care).