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).