

# SCREEN

Begin by asking permission: "Would it be ok with you if we took a few minutes to discuss some health behaviors?"

1. \_\_\_\_ Do you sometimes smoke or use other tobacco products?

*If no* → offer positive feedback and discuss primary prevention.

*If yes* → ask permission to provide the advice that 'quitting smoking is the single most important thing you can do for your health and I can help you. Are you interested?'

2. \_\_\_\_ How many times in the past year have you had

(♂) five or more alcohol drinks, including beer or wine, in a single occasion?

(♀) four or more alcohol drinks, including beer or wine, in a single occasion?

*If <1* → review unhealthy drinking patterns and discuss primary prevention. Consider follow up with quantity/frequency questions to be sure patient does not have at-risk use.

*If ≥ 1* → ask quantity/frequency questions below.

3. \_\_\_\_ How many times in the past year have you used a drug, including marijuana and prescription medications, for recreational, or non-medical, reasons?

*If <1* → review unhealthy substance use patterns and discuss primary prevention.

*If ≥ 1* → ask quantity/frequency questions below.

## CLARIFY FREQUENCY & AMOUNT OF USE

For the primary substance, ask how often and how much to determine pattern of use and assess risk.

In the past month, on average how many days each week did you drink/use substances?

In the past month, on days that you drank/used substances, on average how many drinks did you have/how much did you use?

## DETERMINE RISK

Category	Men	Women
<b>Moderate Drinking</b>	Up to 2 drinks per day	Up to a drink per day
<b>Binge Drinking</b>	5 or more drinks per occasion	4 or more drinks per occasion
<b>Heavy Drinking</b>	15 or more drinks per week	8 or more drinks per week

\_\_\_ **Low Risk:** Meets no drinking or Moderate Drinking pattern

\_\_\_ **At-Risk:** Meets Binge Drinking OR Heavy Drinking Pattern

\_\_\_ **High Risk:** Meets Binge AND Heavy Drinking Pattern; or uses tobacco products; or uses non-prescribed drugs

*If low risk, provide positive feedback and educate about risk as appropriate.*

*If at-risk or high-risk, proceed to the next section to ask diagnostic questions.*

*If no Alcohol or other Drug Use Disorder, perform a Brief Negotiation.*

*For tobacco smoking, provide smoking cessation counseling.*