

AUD IN PRIMARY CARE SESSION 2: SCREENING, BI AND GOAL SETTING

Clinicians should provide education about low-risk alcohol drinking guidelines to all adult and youth patients. All adult and youth patients should be screened at least annually for alcohol risk limits. All patients who are drinking above 'low risk' limits but do not have an AUD should receive a brief intervention.

1 Screening and assessment tools

There are a number of validated screening tools that are easy to administer in healthcare settings. Choose the tool that's best for your patient, dependent on age, administration method, and age.

Common tools are:

- AUDIT-C (3 items)
- AUDIT-10 (10 items)
- ASSIST (variable length - suitable for multiple substances)
- For more, scan here:

Choosing the right screening tool



2 Determine risk and intervention level

Using results from screening/assessment tools, start a conversation with your patient. Talk to them about alcohol and using their risk level provide education.

3 Brief interventions

- Goal is to increase readiness to change and ultimately change their behaviour.

FRAMES

- **Feedback**
 - Present information (history, lab, screen, etc) and increase awareness of consequences
- **Responsibility**
 - Practitioner can't push change. The client will choose the goal
- **Advice**
 - Give advice
- **Menu**
 - Offer options - 3 options is ideal
- **Empathy**
 - Listen carefully and clarify patient's meaning
- **Self-efficacy**
 - Build up patients ability to succeed
 - Start with small, achievable goals

For those not ready to quit : The 5 R's

- **Relevance** of quitting
- **Risks** of continuing
- **Rewards** of quitting
- **Roadblocks** to quitting
- **Repetition** at each encounter

Find detox and residential treatment centres in Alberta:

Alberta Live-in
Residential
Treatment Centres



Alberta Treatment
Centres & Addiction
Service Providers



4 Motivational interviewing

OARS: Openness, Affirmation, Reflections, Summary statements

Tips for change talk:

- Pros/Cons: "tell me about the good things and not so good things"
- Ask for more: "Tell me more", "...in what ways?"
- Query extremes: "What would it look like if you were 100% successful? What would happen if you continued drinking?"
- Change rules: "On a scale from 1-10 how ready are you?"

5 Whats on the menu?

- Behavioural treatment AND pharmacotherapy
- 12-step, SMART recovery and other peer support groups (free!)
- Psychotherapy

Treatment engagement and referral are not a one-time event. Focus on frequency.

Free MI
modules:

