

Steps of the Brief Intervention

Raise the Subject

- “If it’s okay with you, let’s take a minute to talk about the annual screening form you’ve filled out today.”

Provide Feedback

- “As your provider it’s my responsibility to tell you that drinking (drug use) at this level can be harmful to your health and possibly contributing to the health problem you came in with today.”
- “These are the labs that are affected by your drinking.”

Enhance Motivation

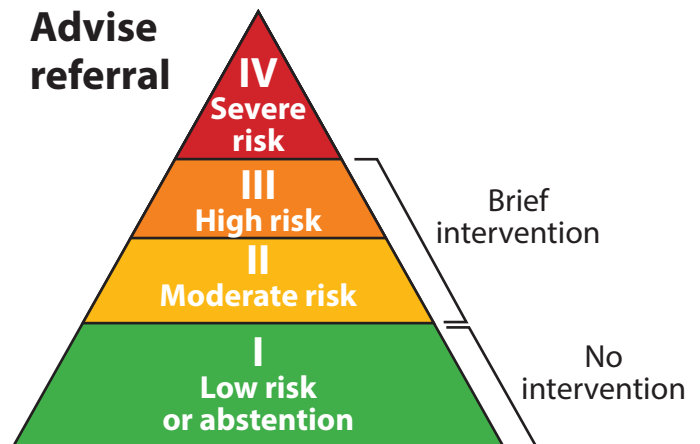
- On a scale of 0-10, how ready are you to cut back?
- If >0: “Why that number and not a ___ (lower one)?”
- If 0: “Have you ever done anything while drinking (using drugs) that you later regretted?”

Negotiate Plan

- “What steps can you take to cut back your use?”
- “How would your drinking (drug use) have to impact your life in order for you to start thinking about cutting back?”

Add the CPT code for a brief intervention to your encounter: 99408

Audit-C Score	Zone
Audit-C: ≥ 8	IV – Severe Risk
Audit-C: 6-7	III – High Risk
Audit-C: 4-5	II – Moderate Risk
Audit-C: 0-3	I – Low Risk



Low-Risk Drinking Limits

	Drinks per week	Drinks per day
Men	≤ 14	≤ 4
Women	≤ 7	≤ 3
All ages > 65	≤ 7	≤ 3



12 oz.
Beer

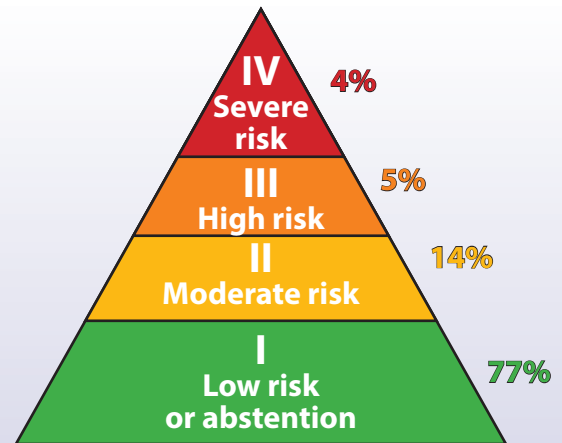


5 oz.
Glass of wine



1.5 oz (shot)
of liquor

Categories of Drinking



Source: Survey of the Healthcare Experiences of Patients, 2008, VA Office of Quality and Performance

Risks of Unhealthy Drinking

Depression. Anxiety.
Aggressive behavior.

Cancer of the throat and mouth.

Frequent colds, reduced
resistance to infection, increased
risk of pneumonia.

Liver damage.

Men: Erectile dysfunction.

Women: Risk of deformed,
developmentally delayed, or
low birth weight babies.

Painful nerves. Numb,
tingling toes.

Insomnia. Memory loss.
Concentration Problems.

Premature aging.

Hypertension. Heart failure.
Anemia. Blood clotting.
Breast Cancer.

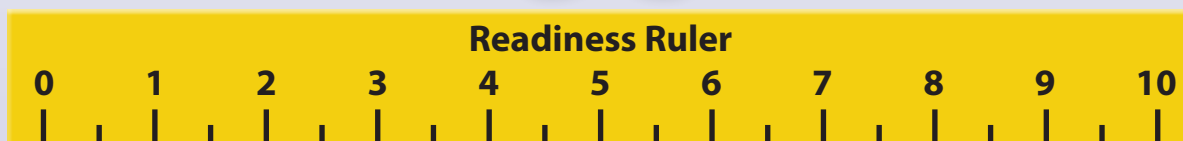
Inflammation of the pancreas.

Vitamin deficiency. Bleeding.
Stomach inflammation.
Diarrhea. Malnutrition.
Colorectal cancer.

Impaired sensation
leading to falls.

Failure to fulfill obligations
at work, school, or home.
Accidents. Legal problems.

Not at
all



Very

Special thanks to Oregon Health & Science University,
Screening Brief Intervention Referral to Treatment

VA **PAHCS**
Veterans Affairs Palo Alto Health Care System

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