Appendix B: AUDIT ALCOHOL SCREENING TOOL

UNIT GUIDE

This is one unit of alcohol…

…and each of these is more than one unit

<table>
<thead>
<tr>
<th>Pint of Regular Beer/Lager/Cider</th>
<th>Pint of Premium Beer/Lager/Cider</th>
<th>Alcopop or can/bottle of Regular Lager</th>
<th>Can of Premium Lager or Strong Beer</th>
<th>Can of Super Strength Lager</th>
<th>Glass of Wine (175ml)</th>
<th>Bottle of Wine</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>1.5</td>
<td>2</td>
<td>4</td>
<td>2</td>
<td>9</td>
</tr>
</tbody>
</table>

The following questions are validated as screening tools for alcohol use

**AUDIT - C: First 3 Questions**

<table>
<thead>
<tr>
<th>Question</th>
<th>Scoring system</th>
<th>Your score</th>
</tr>
</thead>
<tbody>
<tr>
<td>How often do you have a drink containing alcohol?</td>
<td>Never</td>
<td>0</td>
</tr>
<tr>
<td>How many units of alcohol do you drink on a typical day when you are drinking?</td>
<td>1 - 2</td>
<td>1</td>
</tr>
<tr>
<td>How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?</td>
<td>Never</td>
<td>0</td>
</tr>
</tbody>
</table>

**Full AUDIT: Remaining 7 Questions**

<table>
<thead>
<tr>
<th>Question</th>
<th>Scoring system</th>
<th>AUDIT C Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>How often during the last year have you found that you were not able to stop drinking once you had started?</td>
<td>Never</td>
<td></td>
</tr>
<tr>
<td>How often during the last year have you failed to do what was normally expected from you because of your drinking?</td>
<td>Never</td>
<td></td>
</tr>
<tr>
<td>How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?</td>
<td>Never</td>
<td></td>
</tr>
<tr>
<td>How often during the last year have you had a feeling of guilt or remorse after drinking?</td>
<td>Never</td>
<td></td>
</tr>
<tr>
<td>How often during the last year have you been unable to remember what happened the night before because you had been drinking?</td>
<td>Never</td>
<td></td>
</tr>
<tr>
<td>Have you or somebody else been injured as a result of your drinking?</td>
<td>Yes, but not in the last year</td>
<td></td>
</tr>
<tr>
<td>Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?</td>
<td>Yes, during the last year</td>
<td></td>
</tr>
</tbody>
</table>

Score equals

TOTAL score equals = AUDIT C score (above) + score of remaining 7 questions

PLEASE TURN OVER for scoring & next steps >>>>>>>
AUDIT ALCOHOL SCREENING TOOL

SCORING: ADD all ten scores together to identify necessary action (e.g. Brief Advice)

Total AUDIT score

“Based on your answers, your drinking places you in the ... risk category.”
(for 8+ scores lead to Brief Advice with) “How do you feel about that?”

<table>
<thead>
<tr>
<th>AUDIT SCORE</th>
<th>RISK CATEGORY</th>
<th>DESIRED ACTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 – 7</td>
<td>Lower risk</td>
<td>= No intervention required</td>
</tr>
<tr>
<td>8 – 15</td>
<td>Increasing risk</td>
<td>= Brief Advice and sign post to Tier 2</td>
</tr>
<tr>
<td>16 – 19</td>
<td>Higher risk</td>
<td>= Brief Advice and sign post to Tier 2</td>
</tr>
<tr>
<td>20+</td>
<td>Possible dependence</td>
<td>= Referral to Tier 3 services</td>
</tr>
</tbody>
</table>

Identification and Brief Advice (IBA) pathway

In a situation where the patient does not respond to ‘Brief Advice’ or wants to discuss reducing alcohol consumption further, an ‘Extended Brief intervention’ (i.e. 20-30 mins motivational interviewing), should be offered.

Within the community both the Health Trainers and Alcohol Recovery service have practitioners trained in Motivational Interviewing who can offer the patient a series of ‘extended brief interventions’ to help them achieve their desired behaviour goal in reducing alcohol consumption to a lower risk level.

For Brief Intervention/IBA tools and e-learning visit [www.alcohollearningcentre.org.uk](http://www.alcohollearningcentre.org.uk) and see ‘topics: ‘IBA’