

Figure 10.1. Common Mistakes and Assumptions About Alcohol Patient Handout

### Common Mistakes and Assumptions About Alcohol

*Drinking beer is safer than other drinks, so I only drink beer.*

The belief that beer and wine are less intoxicating and safer and that hard liquor is more dangerous is false. It may take longer to get intoxicated because of the volume that has to be consumed, but the percentage of alcohol per volume from beer and wine will make someone as intoxicated as the same percentage of alcohol per volume of a drink that contains hard liquor.

*Drinking with others is safer, so I never drink alone.*

The belief that people who drink alone are the only individuals who may have problems is false. Drinking alone or with others does not determine intoxication level or problems associated with alcohol consumption.

*Mixing types of drinks will increase intoxication, so I stick to drinking the same thing.*

The belief that sticking with one type of drink will decrease intoxication is false. Mixing types of drinks has no differential impact on intoxication; intoxication is related to total amount of alcohol consumed.

*Eating a meal before drinking is helpful in not getting as drunk, so I never drink on an empty stomach.*

The belief that eating prior to drinking will keep an individual from getting intoxicated is false. Eating will slow down the absorption rate of the alcohol into the bloodstream, but not stop it.

Figure 10.2. Four A's for Managing Alcohol Consumption Patient Handout

### Four A's for Managing Alcohol Consumption

**AVOID.** What are the highly tempting situations in which you might drink more than your plan?

Avoid these situations if possible over the next month.

1. \_\_\_\_\_
2. \_\_\_\_\_

**ALTER.** For situations you can't avoid, how can you alter them to make them easier?

1. \_\_\_\_\_
2. \_\_\_\_\_

**ALTERNATIVES.** What can you do with your mouth and hands when you want to drink and it is a day you are not drinking or have already reached your limit?

1. \_\_\_\_\_
2. \_\_\_\_\_

**ACTION.** When you get the urge to drink and it does not fit with your drinking plan, what can you do to be active or busy until the urge passes?

1. \_\_\_\_\_
2. \_\_\_\_\_

Are there situations in which it will be a challenge to stay within your drinking limits? If so, list them and what you will do to effectively manage those situations.

1. \_\_\_\_\_

Plan \_\_\_\_\_

2. \_\_\_\_\_

Plan \_\_\_\_\_

Figure 10.3. Resources for Patients: Websites, Mobile Applications, and Books

Type	Location	Description
<b>Websites</b>	<b>National Institute on Alcohol Abuse and Alcoholism</b> <a href="http://www.niaaa.nih.gov/alcohol-health">http://www.niaaa.nih.gov/alcohol-health</a> <a href="http://www.niaaa.nih.gov/publications/brochures-and-fact-sheets">http://www.niaaa.nih.gov/publications/brochures-and-fact-sheets</a>	Patient materials on a range of health consequences to risky drinking. Range of pamphlets and brochures on finding help, changing drinking behavior, effects of alcohol, alcohol use and different groups (e.g., women) and engaging with family members.
	<b>Centers for Disease Control and Prevention</b> <a href="http://www.cdc.gov/alcohol/fact-sheets.htm">http://www.cdc.gov/alcohol/fact-sheets.htm</a>	Patient fact sheets on alcohol use and health, binge drinking, men's and women's health and moderate drinking.
	<b>National Council on Alcoholism and Drug Dependence</b> <a href="https://ncadd.org/">https://ncadd.org/</a>	A range of resources including how to get help, information about alcohol use, information targeted for parents, youth, for those in recovery and for family and friends.
<b>Mobile Applications</b>	<b>The Alcohol Abuse Predictor™</b> <a href="https://play.google.com/store/apps/details?id=com.thedoctorsays.alcohol">https://play.google.com/store/apps/details?id=com.thedoctorsays.alcohol</a>	Shows how much you drink in comparison to others, your drinking patterns, risk for alcohol dependency. It is intended to help those with interest in drinking risks become more aware of the signs and symptoms of alcohol misuse in themselves or others.

	<b>AlcoDroid Alcohol Tracker</b>  <a href="https://play.google.com/store/apps/details?id=org.M.alcodroid&amp;hl=en">https://play.google.com/store/apps/details?id=org.M.alcodroid&amp;hl=en</a>	An alcohol consumption tracker, drinks diary and blood alcohol content calculator.
<b>Books</b>	<b>Controlling Your Drinking, Second Edition: Tools to Make Moderation Work for You (2<sup>nd</sup> ed)</b>  Miller, R., & Muñoz, R. (2013)	Includes tools to evaluate alcohol consumption, determine changes to make in a manner that fit with goals and lifestyle. Covers topics like enjoying social events, defusing tension and stress, and cope with difficult emotions—with or without a glass in hand.
	<b>Responsible Drinking: A Moderation Management Approach for Problem Drinkers</b>  Rotgers, F., Kern, M. F., & Hoeltzel, R. (2002)	Provides readers with definitive tools to help them determine the severity/risk level of their alcohol consumption. For readers who fall into the risky drinking category, the workbook helps them then learn to moderate their drinking by identify their own drinking behavior triggers, and learn to new ways to respond and change drinking habits.
	<b>How to Change Your Drinking: A Harm Reduction Guide to Alcohol (2nd ed)</b>  Anderson, K., Marlatt, A., & Denning, P. (2010)	Written for the patient who wants to drink more safely, reduced drinking, or quitting alcohol altogether. It contains detailed selection of harm reduction tools and strategies which to build and individualized alcohol harm reduction program.



## Alcohol “Advise” Phase Script Mild Severity—Chapter 10

On the basis of your current drinking pattern, you're drinking at a level that is higher than what we consider to be medically and behaviorally safe. This is putting you at increased risk for death, specifically through fatal injury, cancer, stroke, and high blood pressure. It could also lead to driving under the influence of alcohol or other risky or unsafe behaviors you might not engage in if you were drinking at a different level. If it's OK with you, I'd like to take just a moment to review with you what a "standard" drink is and how your current alcohol consumption compares with people in the United States. After that, I'd like to discuss whether now is a good time to commit to changing your alcohol intake. If you decide that it is a good time, we can review your options and design an individual plan for you that will meet your needs and lifestyle.

## Alcohol “Advise” Phase Script Moderate/Severe Range—Chapter 10

Your current drinking habits and the impact they are having on your life meet the diagnostic criteria for **Moderate/Severe AUD**. Typically people with alcohol consumption rates like yours can get significant benefits from engaging in more intensive treatment services than we can offer in primary care. Of course we’d still be your healthcare team and part of our job as your team is to help coordinate those services for you.

## Prescription Medication Misuse “Assist” Phase Script—Chapter 10

I understand that you are concerned about the treatment and management of your pain. I want to work with you so that we can manage it in the best way possible. At the same time, I'm concerned about the way you are using your medication and that you are having difficulty taking it in the way in which it is designed to be used. I'm concerned about the short and long-term consequences of that type of use, which can include addiction, liver problems, and tolerance to the medications so that it no longer works for you.