

Screening for Alcohol and Other Drug Use Disorders

Did you know?

After brief interventions by health care providers, more than half of all patients with alcohol or other drug use disorders seek treatment.

Call the Alcohol and Drug 24-Hour Helpline for referrals to a treatment agency:

1-800-562-1240

toll free

206-722-3700

Seattle



Washington State
Department of Social
& Health Services

DASA Division of Alcohol
& Substance Abuse

www1.dshs.wa.gov/dasa

Treatment Works!

1

ASK All Patients:

- Do you sometimes drink alcoholic beverages?
- In the past 12 months, did you use an illicit drug (such as heroin or cocaine), or misuse a prescription drug?

If patient answers YES, complete the next three steps:

2

ASK Screening Questions:

- U** Have you spent more time drinking or **using** than you intended to?
- N** Have you ever **neglected** some of your usual responsibilities because of using alcohol or drugs?
- C** Have you felt you wanted or needed to **cut down** on your drinking or drug use in the last year?
- O** Has your family, a friend, or anyone else ever told you they **objected** to your alcohol or drug use?
- P** Have you found yourself **preoccupied** with drinking or using?
- E** Have you ever used alcohol or drugs to relieve **emotional** discomfort, such as sadness, anger, or boredom?

3

ASSESS Screening Results:

- Two positive responses indicate a strong likelihood of an alcohol and/or drug abuse problem.
- Four or more positive responses strongly indicate an alcohol and/or drug dependence problem.

4

ARRANGE medical follow-up and referral

- If patients answer yes to two or more of the screening questions, they should be referred for an assessment.
- More state funding for alcohol/drug treatment is available now.
- Call the 24-Hour Alcohol/Drug Helpline for assessment and treatment referrals:

1-800-562-1240

Red Flags for Alcohol/Other Drug Misuse

Behavior Patterns

- Sedation
- Inebriation
- Euphoria
- Agitation
- Disorientation
- Prescription drug seeking behavior
- Suicidal ideations/attempt

Medical History

- Frequent hospitalizations
- Gunshot/knife wound
- Unusual infections
- Cirrhosis
- Hepatitis
- Pancreatitis
- Diabetes
- Frequent falls, unexplained bruises
- Chronic mental illness

Physical Signs

- Dilated or constricted pupils
- Tremors
- Inflamed/eroded nasal mucosa
- Increased pulse and blood pressure
- Track marks or abscesses/injection sites
- Hallucinations
- Nystagmus

Laboratory

- Elevated MCH, GGT, SGOT, Bilirubin, Triglycerides
- Anemia
- Positive urine toxicology for drugs
- MCV over 95

For More Information and Resources

- Alcohol/Drug 24-Hour Helpline: 1-800-562-1240 or in Seattle: 206-722-3700
- Alcohol/Drug Teenline: 1-877-345-TEEN
- Screening tools, treatment fact sheets and intervention tips: www1.dshs.wa.gov/dasa
- Directory of Certified Treatment Agencies in Washington: <http://www1.dshs.wa.gov/dasa/services/certification/GB.shtml>
- American Society of Addiction Medicine: www.asam.org

Advise all patients to stop drinking or using drugs when:

- Pregnant or trying to conceive
- There is evidence of abuse or dependence
- It would have a negative impact on other health issues or medications

How much is one drink?

- 12 oz. bottle of beer
- 5 oz. glass of wine
- 1.5 oz. shot of liquor

Brief interventions can be the first step to Help, Hope, and Healing.