SCREENING FOR ALCOHOL USE

ASK: How much alcohol do you drink?

Does Not Drink Alcohol

LOW RISK:

 ADVISE that no alcohol is the safest choice when planning or during pregnancy.

Drinks Alcohol

ASK:

- 1. In a typical week, how many days do you drink?
- 2. On those days, how many drinks are usual?
- 3. Administer T-ACE screening test (see other side). Watch for signs and symptoms of alcohol use.





T-ACE Score: 0 to 5

ALL PREGNANT WOMEN WHO DRINK ALCOHOL:

- ADVISE that it is safest to stop drinking.
- ADVISE by providing personalized feedback and information.
- ADVISE women unable to stop drinking, to reduce drinking.
- 4. ASSIST through referral to appropriate resources.
- ASSIST through continued follow-up and support.

T-ACE Score: 2 to 5

POSSIBLE AT-RISK:

- NEED for further assessment
- ASSESS readiness and ability to stop drinking
- 3. ASSESS level of alcohol dependence
- 4. ARRANGE for medical detoxification



ADVISE to call:

- Saskatchewan HealthLine 811
- Addictions services in your area
- First Nations and Inuit Hope for Wellness Help Line
 1-855-242-3310



T - ACE QUESTIONNAIRE

Tolerance: How many drinks does it take to

make you feel high?

Score 2 for more than 2 drinks

Score 0 for 2 drinks or less

Annoyance: Have people annoyed you by

criticizing your drinking?

Score 1 point if Yes

Cut Down: Have you felt you ought to cut

down your drinking?

Score 1 point if Yes

Eye Opener: Have you ever had a drink first thing

in the morning to steady your nerves

or get rid of a hangover?

Score 1 point if Yes.

Possible At-Risk Score: 2 or More Points

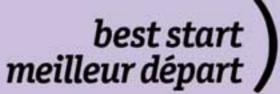
Maximum: 5 Points

Adapted from: Sokol et al., 1989

saskatchewan preventioninstitute our goal is healthy children

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