

SCREENING FOR ALCOHOL USE

ASK: How much alcohol do you drink?

Does Not Drink Alcohol

LOW RISK:

1. **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 PEOPLE WHO DRINK ALCOHOL:

1. **ADVISE** that it is safest to stop drinking.
2. **ADVISE** by providing personalized feedback and information.
3. **ADVISE** a person unable to stop drinking, to reduce drinking.
4. **ASSIST** through referral to appropriate resources.
5. **ASSIST** through continued follow-up and support.

T-ACE Score: 2 to 5

POSSIBLE AT-RISK:

1. **NEED** for further assessment
2. **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 points for more than 2 drinks
Score 0 points 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

1319 Colony Street
Saskatoon, SK S7N 2Z1
Bus. 306.651.4300
Fax. 306.651.4301



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