The percent of “pure” alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

- A standard bottle of wine contains 5 drinks.
- A fifth of liquor contains 17 shots — 17 drinks.

### Low Risk Drinking Limits

**MEN 18–65**

- No more than: **14 drinks per week**
- AND no more than: **4 drinks per day**

**WOMEN 18–65**

- No more than: **7 drinks per week**
- AND no more than: **3 drinks per day**

**ALL AGE 66+**

- No more than: **7 drinks per week**
- AND no more than: **3 drinks per day**

### Readiness / Confidence / Importance Ruler

**Not ready for change**

0 1 2 3 4 5 6 7 8 9 10

**Ready for change**
### Raise the subject
- Establish rapport
- Ask permission to have a discussion about the patient’s alcohol/drug use
- Explain your role to set the agenda

### Provide feedback
- Review the patient’s substance use patterns using NIDA and ASSIST if indicated
- Share score and review guidelines and what their score means
- Explore possible connections between health problems and substance use

### Enhance motivation
- Assess Readiness to Change — use Readiness/Confidence/Importance Ruler
  - What change(s) are you considering?
  - How important is it that you make this change?
  - How confident are you that you are able to make this change?
  - How ready are you to make this change?

### Negotiate plan
- Provide a summary and ask, “What do you think you will do?”
- Offer a menu of choices for change, provide recommendation, seek agreement

<table>
<thead>
<tr>
<th>Low Risk</th>
<th>Moderate Risk</th>
<th>High Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASSIST-based Assessment</td>
<td>ASSIST-based Assessment</td>
<td>ASSIST-based Assessment</td>
</tr>
<tr>
<td>0–10 Alcohol 0–3 All other substances</td>
<td>11–26 Alcohol 4–26 All other substances</td>
<td>27+ on any substance; or Injected drugs more than 4 times monthly in the last 3 months</td>
</tr>
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