Low-risk drinking limits

<table>
<thead>
<tr>
<th>Category</th>
<th>Drinks per week</th>
<th>Drinks per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>14</td>
<td>4</td>
</tr>
<tr>
<td>Women</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>All ages &gt;65</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>Pregnancy</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

Categories of patient drinking

- **I** Low risk or Abstain: 78%
- **II** Risky: 9%
- **III** Harmful: 8%
- **IV** Severe: 5%

**Readiness ruler:**

Not at all 0 1 2 3 4 5 6 7 8 9 10 Very

**Raise the subject**
- “Thank you for completing this questionnaire - is it ok if we review your results?”
- “Can you tell me more about your drinking or drug use? What does a typical week look like?”

**Provide feedback**
- “I recommend drinking below low-risk limits to help prevent new health problems or make existing ones worse.”
- “Many patients who score into this zone have difficulty just cutting back and need to abstain from drinking alcohol.”

**Enhance motivation**
- “What do you like and what are you concerned about when it comes to your alcohol/drug use?”
- “On a scale of 0-10, how ready are you to cut back/seek specialized treatment? Why not a lower number?”

**Negotiate plan**
- Summarize conversation. Then: “What steps do you think you can take to reach your goal of cutting back-seeking specialized treatment?”

Oregon alcohol & drug referral helpline:
1-800-923-4357

Readiness ruler:

[Scale from 0 to 10]