

Alcohol History

Introduction

- Wash hands, Introduce self, ask Patients name & DOB & what they like to be called, Explain and get consent

Alcohol use

Include past and present

- Who, what, when, where, why:
 - (WHO)
 - WHAT: how much (**units = %abv x vol(L)**), type of alcohol
 - WHEN: times, days of week, continuous/binge
 - WHERE: pub, home alone, work
 - WHY: social, underlying issues (family, relationships, depression etc), availability, stress, hearing voices
- Other: effect on life, social impact, memory loss, injuries, sought help in past
- Past (alcohol timeline): 5year intervals, personal correlations, treatments and detoxes and how they went, relapse reasons

Addiction screen (CAGE)

- Cut down: ever tried to cut down
- Angry: with others remarking about drinking
- Guilty: about how much drank
- Eye opener

Dependence (DSM IV alcohol dependence syndrome questions)

Need 3 or more:

- Tolerance: increased amount needed for effect
- Withdrawal: withdrawal syndrome symptoms OR alcohol taken to avoid symptoms
- Alcohol is often taken in larger amounts or over a *longer period than was intended*.
- Persistent desire OR unsuccessful attempts to cut down.
- Great deal of time spent obtaining, using or recovering from alcohol
- Activities given up due to alcohol: social, occupational, or recreational
- Alcohol use is *continued despite knowledge* of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by the alcohol (e.g. continued drinking despite recognition that an ulcer was made worse by alcohol consumption).

Risk

- Like every psych, do a depression screen and assess risk to self/ others

Rest of psychiatric history

- Past psychiatric history: any disorders including anxiety and depression (ask about depression symptoms e.g. mood, sleep, appetite, concentration, energy, anhedonia)
- PMHx: physical health problems due to alcohol/ drugs
- DHx
- FHx: family alcohol use
- Personal Hx: upbringing
- SHx: illicit drug use, family/ living/ working situation
- Forensic Hx: police involvement

Lager can 2u
Larger pint 3u
35cl vodka 15u
70cl vodka 30u
Wine bottle 9-10u