

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 WOMEN WHO DRINK ALCOHOL:

1. **ADVISE** that it is safest to stop drinking
2. **ADVISE** by providing personalized feedback and information
3. **ADVISE** women 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 contact Tele-Health Line at 1-888-255-1010 or Local Health Centre

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

