

Alcohol & Trauma



**Are you at risk?
Should you stop or cut back?**

Pick me up & find out here

**CODE
TRAUMA**

**Trauma Program
Montreal General Hospital
McGill University Health Centre**



Montreal General Hospital Trauma Program Alcohol Use Disorders Identification Test (AUDIT)

Answer the AUDIT Questionnaire and add your score to find out your risk level on the following page. Submit the loose copy to staff. Keep the booklet as a reference.

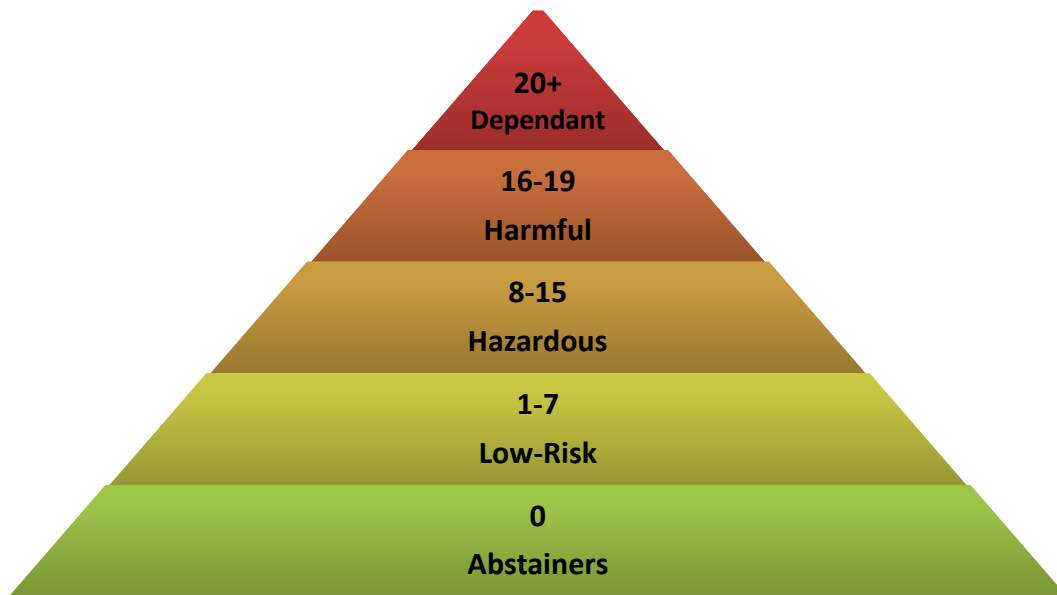
	0	1	2	3	4
How often do you have a drink containing alcohol?	Never (go to question 9)	Once per month or less	2-4 times per month	2-3 times per week	4 times or more per week
How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7, 8 or 9	10 or more
How often do you have 5 or more drinks on one occasion?	Never	Less than once per month	Every month	Every week	Every day or almost
How often during the last year have you found that you were not able to stop drinking once you started?	Never	Less than once per month	Every month	Every week	Every day or almost
How often during the last year have you failed to do what was normally expected from you because of drinking?	Never	Less than once per month	Every month	Every week	Every day or almost
How often in the last year have you needed a drink first thing in the morning to get you going after a heavy drinking session the day before?	Never	Less than once per month	Every month	Every week	Every day or almost
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than once per month	Every month	Every week	Every day or almost
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than once per month	Every month	Every week	Every day or almost
Have you or someone else been injured as a result of your drinking?	No		Yes, but not in the last 12 months		Yes, within the 12 months
Has a relative or friend or doctor or another worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last 12 months		Yes, within the 12 months

TOTAL: _____

Drinking irresponsibly can increase your chances of ending up in a Trauma Centre



AUDIT Questionnaire Score and Risk Level



The higher your score, the higher your risk for trauma and health problems!

Do You Drink Too Much?

If YOUR AUDIT SCORE IS BETWEEN 0-7:

Continue following the low-risk guidelines and always plan a way home such as by taxi or with a designated driver.

(See page 5)

IF YOUR AUDIT SCORE IS 8 AND ABOVE:

Should you just cut back or stop drinking?

Consider cutting back and drinking at low-risk levels if:

- You have been drinking at low-risk to moderate-risk levels most of the time during the last year
- You do not suffer from morning shakes
- You would like to drink within the recommendations
- You have been drinking in at high-risk level during the last year but do not fit the criteria below

(See pages 5, 6 & 7)

You really should stop drinking if:

- You have high blood pressure, you are pregnant or have liver disease
- You are taking medicine that reacts with alcohol
- You have tried to cut down before but have not been successful
- You suffer from morning shakes
- Your drinking is have a negative effect on your health (see next page), on your life or your loved ones

(See pages 5, 6 & 7)

***IF YOU GET MORNING SHAKES OR SCORED 20 OR ABOVE, you may likely have an alcohol dependence and should only stop drinking under the care of a doctor or treatment group. There is a list of resources on page 8.**

(See pages 5, 6, 7 & 8)

What are the recommendations?

Drink with a Low-Risk Limit in mind

Everyone:

- At least 2 days/ week that you do not drink alcohol

Women:

- No more than 2 standard drinks/day
- No more than 10 standard drinks / week

Men:

- No more than 3 standard drinks / day for men
- No more than 15 standard drinks / per week for men

SOMETIMES EVEN 1-2 DRINKS MAY BE TOO MUCH:

- When driving or operation machinery
- When taking certain medications or drugs
- If you have certain medical conditions
- If you cannot control your drinking
- When pregnant or breastfeeding

What is a standard drink?



Image from www.educalcool.qc.ca

Potential Effects of Drinking

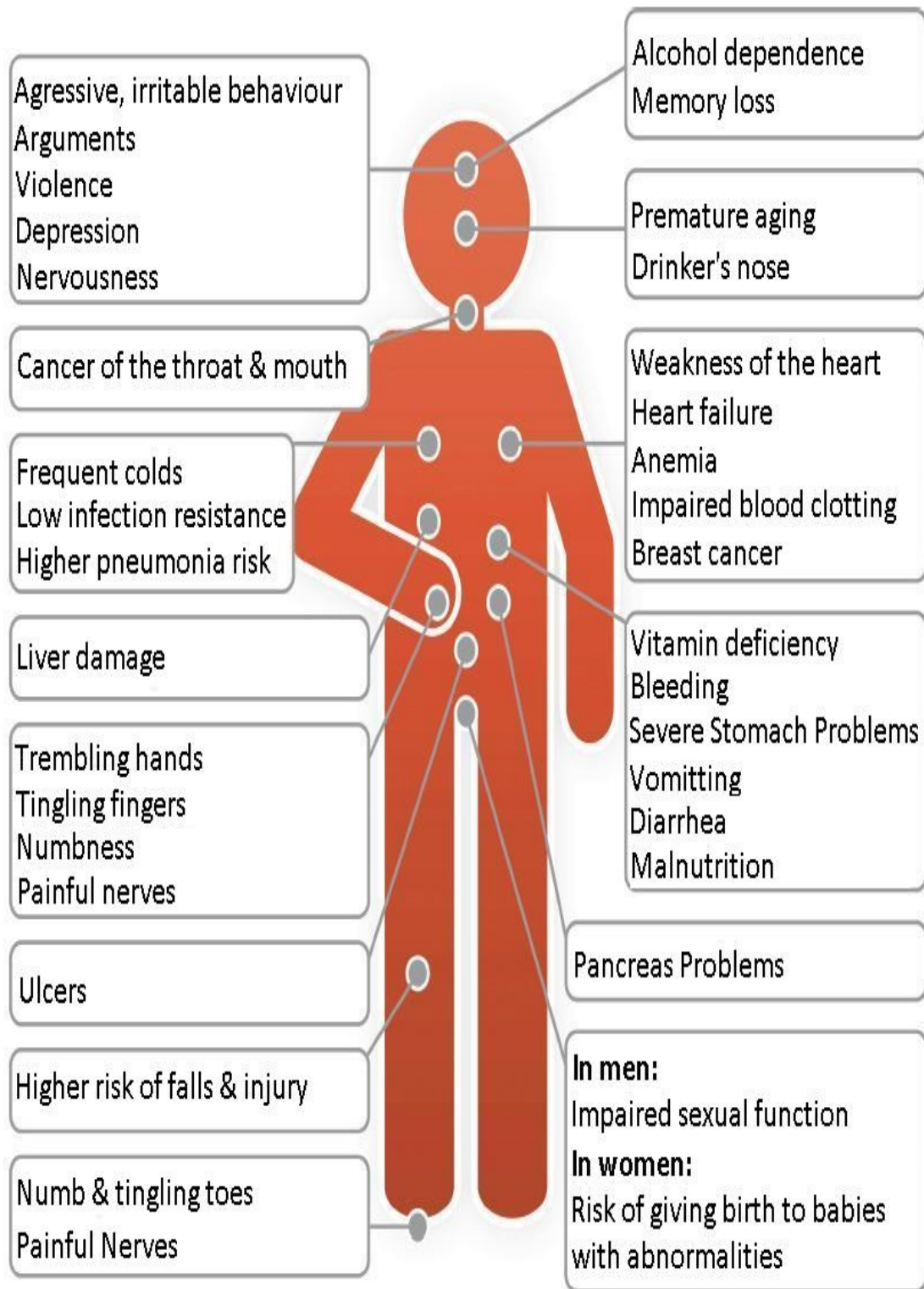


Image modified from www.spirtinaction.org

Readiness to Change

How important is it for you to change your drinking by cutting back or stopping?

0= Not important at all

10= extremely important

0 1 2 3 4 5 6 7 8 9 10

If you selected between:

0-3:

Not ready to yet

You have no plans on changing your drinking pattern any time soon. Consider the negative effects that alcohol may be having on your body and how your drinking may be affecting those around you.

4-6:

Contemplation Stage

You know that your drinking pattern may be having a negative affect on your life. Think about the potential benefits that cutting back or eliminating alcohol all together if necessary, would have on your body and those around you. Write out your plans and steps that you can take to make that change.

7-10:

Ready to take action Stage

Excellent! You are ready to change your drinking patterns. If you fit the recommendation to stop drinking on the previous page, then consider the resources and support groups listed on the following page. If you would like to cut back, write out a few goals and steps you will need to take. Remember what a standard drink is and keep your drinking within the low-risk drinking limits.

Resources:

Griffith Edwards House	514 934-8311
Pavillon Foster	514 486-1304
Éduc'alcool	514 875-7454
Al-Anon & Alateen	514 866-9803
Alcoholics Anonymous (AA)	514 376-9230
Centre Dollard-Cormier	514 385-1232
Maison Jean Lapointe	514 288-2611
MAAD	800 665-MADD (6233)

For More Information Please contact:

**Montreal General Hospital- McGill University Health Centre
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www.codetrauma.com

**The Injury Prevention Program, part of the Trauma Program, is supported by the
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www.codelife.ca



Please give generously to Code Trauma

This brochure is provided to you courtesy of the Montreal General Hospital-McGill University Health Centre Trauma Program and the Montreal General Hospital Foundation. The information is taken and from the World Health Organization's Alcohol Screening and Brief Intervention Program and modified. www.who.org