

ALCOHOL AND TRAUMA



ARE YOU AT RISK? SHOULD YOU STOP OR CUT BACK?

READ ME AND FIND OUT HERE



**Trauma & Injury Prevention Program
Montreal General Hospital
McGill University Health Centre**

More info at www.codetrauma.com

TAKE the TEST –Alcohol Use Disorders Identification Test (AUDIT)

What’s your score? Answer the AUDIT questionnaire

Add your total score and Find out your risk level

Questions	0	1	2	3	4	
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2 to 4 times a month	2 to 3 times a week	4 or more times a week	
2. 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 to 9	10 or more	
3. How often do you have 5 or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
4. How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year	
Total						

A free [AUDIT manual](#) with guidelines for use in primary care settings is available online at [www.who.org](#)

AUDIT Questionnaire Score and Risk level

0 to 7 points:	Low risk
8 to 15 points:	Medium risk
16 to 19 points:	High risk
20 to 40 points:	Addiction likely

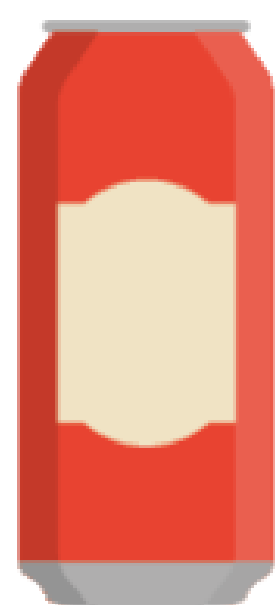
The higher the score, the higher your risk for trauma and other health problems

What is a STANDARD DRINK?



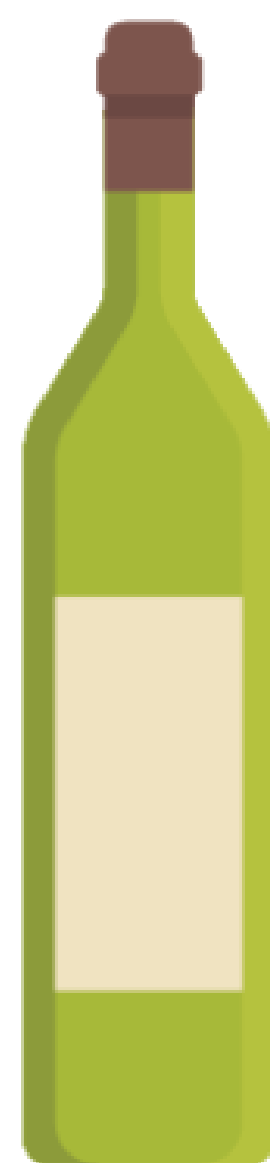
Beer

341 ml (12 oz.)
5% alcohol content



Cider/cooler

341 ml (12 oz.)
5% alcohol content



Wine

142 ml (5 oz.)
12% alcohol content



Distilled alcohol (rye, gin, rum, etc.)

43 ml (1.5 oz.)
40% alcohol content

Canada Low-risk alcohol drinking guideline - [Standard drink](#)
[Canada's Guidance on Alcohol and Health \(ccsa.ca\)](#) updated in 2023



(Courtesy of Health Promotion Agency - [Alcohol.org.nz](#))

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.

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

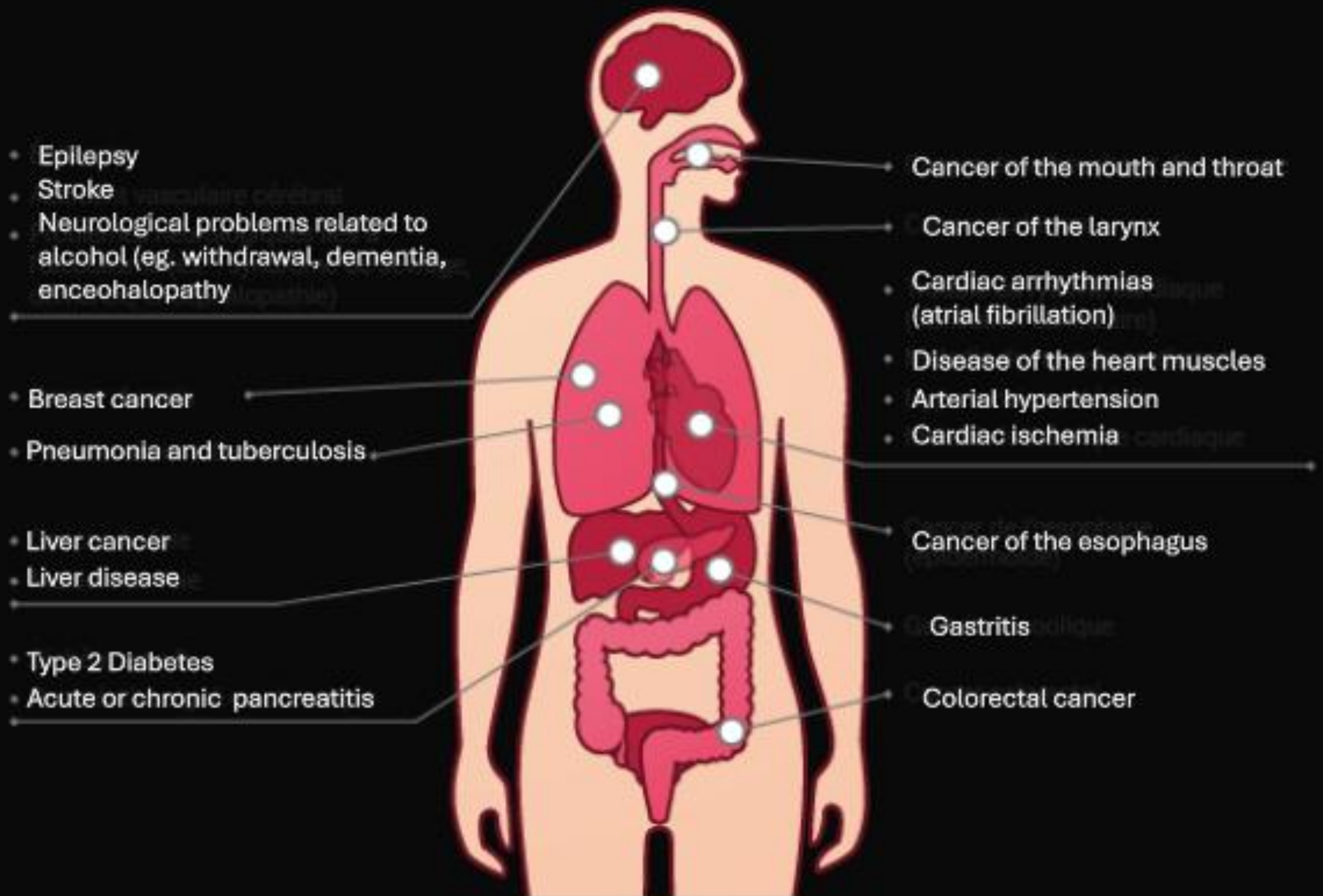
You really should stop drinking if:

- 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

(*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.

- Consult the list of **RESOURCES**.

Chronic illnesses and health problems related to alcohol consumption



[INSPQ - Les conséquences de la consommation d'alcool](#)

Are you **READY** 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:

<u>Centre de Réadaptation en dépendance Foster-Point de Service Externe Montréal</u>	514 486-1304
<u>Centre de Réadaptation en dépendance- Point de Service Saint-Urbain</u>	514 385-1232
<u>Éduc'alcool</u>	514 875-7454 1 888 252-6651 1 888 ALCOOL1
<u>Alcochoix+</u>	<u>Your local CLSC</u>
<u>Tel-jeunes</u>	514 600-1002 (text) 1 800 263-2233 (chat)
<u>DRUGS Help and Referral</u>	1 800 262-2626
<u>211</u>	514 527-2626
<u>Alcoholics Anonymous (AA)</u>	514 350-3444 1 800 424-2975
<u>Maison Jean Lapointe</u>	514 288-2611 1 800 567-9543
<u>MAAD</u>	1 800 665-MADD (6233)
<u>Canada wide services</u>	

For More Information Please contact:
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