

TWEAK

ALCOHOL SCREENING TOOL

TOLERANCE

How many drinks does it take before you
begin to feel the first effects of alcohol? 3 or more drinks: **2 points** _____ POINTS

How many drinks does it take before the alcohol
makes you fall asleep or pass out? 5 or more drinks: **2 points** _____ POINTS

WORRIED

Have your friends or relatives worried
about your drinking in the past year? Yes: **2 points** _____ POINTS

EYE-OPENER

Do you sometimes take a drink in the morning
when you first get up? Yes: **1 point** _____ POINTS

AMNESIA

Are there times when you drink and afterwards
can't remember what you said or did? Yes: **1 point** _____ POINTS

CUT DOWN

Do you sometimes feel the need to cut down
on your drinking? Yes: **1 point** _____ POINTS

A score of 2 or more indicates risk of a drinking problem,
and the woman should be referred for further assessment.

TOTAL SCORE _____ POINTS



The Prevention Conversation

It's time to talk about
alcohol and pregnancy

Alberta  Government

A question or two about alcohol use is effective in identifying women in need of education or intervention.

Brief Interventions

Research has shown brief interventions to be very useful in helping pregnant women who drink low to moderate amounts of alcohol reduce their alcohol intake during pregnancy.

Brief interventions are cost effective and can be implemented in a variety of clinical settings.

They include four components:

1. Assessment and direct feedback
2. Goal setting through establishing contracts
3. Positive reinforcement
4. Education through pamphlets and handouts for self-help

Engaging women at risk of having a child with FASD in brief (5 to 10 minute) counselling sessions can reduce alcohol consumption during pregnancy by up to 30%.

Screening and brief interventions need to be embraced as standards of care.

There is strong evidence for the effectiveness of brief collaborative, motivational interviewing approaches for reducing the risk of women having an alcohol exposed pregnancy¹. In fact, a service provider who takes an empathetic, collaborative approach is one of the strongest predictors of whether a woman will be able to change².

¹ Floyd, R.L., et al., Preventing Alcohol Exposed Pregnancies: A Randomized Control Trial. American Journal of Preventive Medicine, 2007. 32(1): p. 1-10.

² Miller, W.R. and S. Rollnick, Motivational Interviewing: Preparing People for Change. 2nd ed. 2002, New York, NY: The Guilford Press.