

## EPIC Dotphrase Counseling Documentation

### Brief advice documentation – Alcohol or Drug

**AUDIT-C score: XX**

(Moderate risk: 3-7 women or 4-7 men; High risk: 8-12)

#### History

##### Alcohol Use

- 92.0 oz/week
- 8 Glasses of wine, 5 Cans of beer per week

**DAST-10 score: XX**

(Moderate risk: 3-5; High risk: 6-10)

#### History

##### Drug Use

- Frequency: 5.0 times per week
- Types: Cocaine, IV, Benzodiazepines, Synthetic cannabinoids, Other Prescribed Medications

Counseled on health effects, including:

- Physical health (liver, cardiac, pulmonary, immune function, etc.)
- Mental health (depression, anxiety, insomnia, etc.)
- Injury/trauma (accidents, fights, unwanted sexual contact, etc.)
- Overdose (opioid, benzo, alcohol)
- Risk of developing an addiction (substance use disorder)

Recommended that patient reduce/quit.

Education materials provided.

## **Counseling Documentation - Alcohol Only**

### RAISE THE SUBJECT

***Can we spend a few minutes talking about your alcohol use?***

### PROVIDE FEEDBACK

The patient was provided with the following feedback and recommendation:

#### ***Alcohol history:***

##### History

##### Alcohol Use

- 92.0 oz/week
- 8 Glasses of wine, 5 Cans of beer per week

***This means you are at risk for developing health problems due to your substance use.***

#### ***The recommended limits for alcohol use are:***

- FOR HEALTHY MEN UP TO AGE 65:
  - No more than 4 drinks in a day AND
  - No more than 14 drinks in a week
- FOR HEALTHY WOMEN, AND MEN OVER AGE 65:
  - No more than 3 drinks in a day AND
  - No more than 7 drinks in a week
- LOWER LIMITS OR ABSTINENCE IF:
  - Taking medications that interact with alcohol
  - Health condition exacerbated by alcohol (liver disease, depression, etc.)
  - Pregnant (advise abstinence)

#### ***Alcohol use can affect your health in important ways, including:***

- Physical health (liver, cardiac, pulmonary, immune function, etc.)
- Mental health (depression, anxiety, insomnia, etc.)
- Injury/trauma (accidents, fights, unwanted sexual contact, etc.)
- Overdose (particularly with opioid, benzo, alcohol)

***I recommend that you quit or cut down, and I'm here to help you with whatever changes you're ready to make.***

### ENHANCE MOTIVATION

***On a scale of 1 to 10 (10=very ready), how ready are you to make any changes to your use? {#:10011}***

***Why did you select that number, and not a lower number?***

***What are some things that might be better if you changed your use?***

***What are some things that might make it hard to change your use?***

### NEGOTIATE A PLAN

{Ready/Not Ready to Change:32828}

Patient is ready to make a change to their substance use at this time. {DAST 10 READY TO CHANGE.TXT,21904}

Patient is not ready to make a change to their substance use at this time. {PLAN: NOT READY TO CHANGE.TXT,21762}

**Goal today is to:**

Patient will take one or more of the following actions:

- Track amount used, and how often
- Anticipate high-risk situations
- Get support from friends and family
- Attend meetings or support groups (AA, NA, etc.)
- Start a treatment program

Patient was provided with:

- Education materials
- Referral to Social Work

Patient is not ready to make a change to their substance use at this time.

- Provided patient education materials

Plan to follow up at next visit

*Suggested Diagnosis: Alcohol use [F10.99]*

## **Counseling documentation - Drug Only**

### RAISE THE SUBJECT

***Can we spend a few minutes talking about your drug use?***

### PROVIDE FEEDBACK

The patient was provided with the following feedback and recommendation:

#### ***Drug history:***

History

Drug Use

- Frequency: 5.0 times per week
- Types: Cocaine, IV, Benzodiazepines, Synthetic cannabinoids, Other Prescribed Medications

***This means you are at risk for developing health problems due to your substance use.***

#### ***Drug use can affect your health in important ways, including:***

- Physical health (liver, cardiac, pulmonary, immune function, etc.)
- Mental health (depression, anxiety, insomnia, etc.)
- Injury/trauma (accidents, fights, unwanted sexual contact, etc.)
- Overdose (particularly with opioid, benzo, alcohol)

***I recommend that you quit or cut down, and I'm here to help you with whatever changes you're ready to make.***

### ENHANCE MOTIVATION

***On a scale of 1 to 10 (10=very ready), how ready are you to make any changes to your use? {#:10011}***

***Why did you select that number, and not a lower number?***

***What are some things that might be better if you changed your use?***

***What are some things that might make it hard to change your use?***

### NEGOTIATE A PLAN

{Ready/Not Ready to Change:32828}

Patient is ready to make a change to their substance use at this time. {DAST 10 READY TO CHANGE:TXT,21904}

Patient is not ready to make a change to their substance use at this time. {PLAN: NOT READY TO CHANGE:TXT,21762}

**Goal today is to:**

Patient will take one or more of the following actions:

- Track amount used, and how often
- Anticipate high-risk situations
- Get support from friends and family
- Attend meetings or support groups (AA, NA, etc.)
- Start a treatment program

Patient was provided with:

- Education materials
- Referral to Social Work

Patient is not ready to make a change to their substance use at this time.

- Provided patient education materials
- Plan to follow up at next visit

*Suggested Diagnosis: Drug usage [F19.90]*

## Counseling documentation – Drug and Alcohol

### RAISE THE SUBJECT

***Can we spend a few minutes talking about your alcohol and drug use?***

### PROVIDE FEEDBACK

The patient was provided with the following feedback and recommendation:

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#### ***Alcohol history:***

##### History

##### Alcohol Use

- 92.0 oz/week
- 8 Glasses of wine, 5 Cans of beer per week

#### ***Drug history:***

##### History

##### Drug Use

- Frequency: 5.0 times per week
- Types: Cocaine, IV, Benzodiazepines, Synthetic cannabinoids, Other Prescribed Medications

***This means you are at risk for developing health problems due to your substance use.***

#### ***The recommended limits for alcohol use are:***

- FOR HEALTHY MEN UP TO AGE 65:
  - No more than 4 drinks in a day AND
  - No more than 14 drinks in a week
- FOR HEALTHY WOMEN, AND MEN OVER AGE 65:
  - No more than 3 drinks in a day AND
  - No more than 7 drinks in a week
- LOWER LIMITS OR ABSTINENCE IF:
  - Taking medications that interact with alcohol
  - Health condition exacerbated by alcohol (liver disease, depression, etc.)
  - Pregnant (advise abstinence)

#### ***Alcohol and Drug use can impact your health in important ways, including:***

- Physical health (liver, cardiac, pulmonary, immune function, etc.)
- Mental health (depression, anxiety, insomnia, etc.)
- Injury/trauma (accidents, fights, unwanted sexual contact, etc.)
- Overdose (particularly with opioid, benzo, alcohol)

***I recommend that you quit or cut down, and I'm here to help you with whatever changes you're ready to make.***

## ENHANCE MOTIVATION

***On a scale of 1 to 10 (10=very ready), how ready are you to make any changes to your use? {#:10011}***

***Why did you select that number, and not a lower number?***

***What are some things that might be better if you changed your use?***

***What are some things that might make it hard to change your use?***

## NEGOTIATE A PLAN

{Ready/Not Ready to Change:32828}

Patient is ready to make a change to their substance use at this time. {DAST 10 READY TO CHANGE:TXT,21904}

Patient is not ready to make a change to their substance use at this time. {PLAN: NOT READY TO CHANGE:TXT,21762}

### **Goal today is to:**

Patient will take one or more of the following actions:

- Track amount used, and how often
- Anticipate high-risk situations
- Get support from friends and family
- Attend meetings or support groups (AA, NA, etc.)
- Start a treatment program

Patient was provided with:

- Education materials
- Referral to Social Work

Patient is not ready to make a change to their substance use at this time.

- Provided patient education materials
- Plan to follow up at next visit

*Suggested Diagnoses: Alcohol use (F10.99), Drug use (F19.90)*