

Follow Up

Follow Up Visit

Thank you for coming in for this visit today. Changing your health habits, including your drinking patterns, can be hard. The purpose of this visit is to talk about problems and successes you have had since your last visit. We will cover five topics:

- Review your alcohol use since last visit
- Discuss current thoughts about change, if any
- Review your lab results
- Keep moving forward
- Get help

Step 1: Review Alcohol Use Since Last Visit

Drinking Diary

Let's start by talking about how you've been doing since your last visit. Please fill out this drinking diary to review your drinking during the past week, as best you remember.

Day	Beer	Wine	Liquor	Total
Weekly Total				

When is the last time you had more than 4 (for men) or more than 3 (for women or all ages >65) drinks in a day? _____

Review Previous Change Plans

The next steps you had planned at your last visit were _____.

Were you able to carry out these steps? If you were able follow through with your plan, you should feel good about what you've done. If not, remember that lots of people struggle when they try to change their health habits. We'll look at your current thoughts about changing and decide on what changes, if any, you want to make now.

Step 2: Discuss Current Thoughts about Habits and Possible Changes

Decisional balance

Let's review what the good things and not so good things are about your drinking habits.

Good things _____

Not so good things _____

Rulers

Let's now look at how important and confident you feel now about your need to change your drinking pattern.

On a scale of 0-10, with 10 as extremely important and 0 not at all important, how important is it that you cut back or quit your alcohol use?

0 1 2 3 4 5 6 7 8 9 10

Not at all Extremely
important important

On a scale of 0-10, with 10 being extremely confident, how confident do you feel about quitting (or cutting back)?

0 1 2 3 4 5 6 7 8 9 10

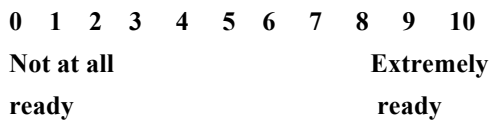
Not at all Extremely
confident confident

What would make you even more confident than you are now? _____

Step 3: Discuss Any Lab Results, Medical Consequences (BP/glucose control), etc.

Step 4: Keep Moving Forward (Next Steps)

On a scale of 0 (not at all ready) to 10 (extremely ready) how ready would you say you are to cut back or quit your drinking?



What do you want to do over the next few weeks?

- I choose to stop drinking
- I choose to cut back
- I'm not ready to make a change at this time
- I would like to think more about this decision
- I would like more information

If you choose to cut back, you may want to consider the following in designing your plan:

- How many standard drinks?
- How frequently?
- For what period of time?

Plan: _____

Step 5: Get Help

Many people find that they do better at reducing their drinking if they use some of the resources available to people who want to drink less. Talk with your healthcare provider about any of the following resources you might want or need:

- Medication: (naltrexone, acamprosate, or disulfiram)
- Referral for counseling or brief treatment
- Support group (such as AA, NA, Celebrate Recovery, etc.)
- Referral to treatment or substance abuse program

Some people experience symptoms of withdrawal if they go for a while without drinking. If you go a day or two without drinking, do you ever get sick, shaky, have tremors/seizures, or see or hear things that are not there?

If withdrawal symptoms could be an issue for you, your health care provider can do one of the following:

- Arrange withdrawal treatment
- Provide a list of options for withdrawal treatment

