# Alcohol Brief Intervention (BI) Initiative Pre-activity Survey

Return the quiz by email to Pat Simmonds at [psimmonds@snhn.org.au](mailto:psimmonds@snhn.org.au).

GP Name: ------------------------------------------Start Date:-----------------------------------------

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1. What motivated you to participate in the Alcohol Brief Intervention Initiative? (Min 25 words)

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**2. How do you explain a ‘standard drink’ to patients?**

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**4. What are the recommendations in the *Australian Guidelines to Reduce Health Risks from Drinking Alcohol: Frequently Asked Questions 2009* for reducing the risks from drinking alcohol? (Tick all correct answers)**

* Drink no more than 2 standard drinks per day
* Drink no more than 4 standard drinks on a single occasion
* For women who are planning a pregnancy, pregnant, or breast feeding – keep drinking to a minimum
* For people under 18 – no more than 2 standard drinks per day

**5. What is meant by lifetime risk of drinking alcohol?**

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**6. List 5 long-term health effects of drinking alcohol outside of the recommended Australian guidelines**

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**7. List 3 effects of single occasion drinking (immediate effect drinking) when drinking exceeds recommended Australian guidelines.**

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**8. Sharon, a 45-year-old solicitor consumes a bottle of red wine every night. You know that (check any that are correct)**

1. She has an increased lifetime risk of alcohol-related harm
2. She has a low risk of single occasion alcohol-related harm as her body is used to this amount of alcohol.
3. She is consuming approximately 8 standard drinks a day
4. Her risk of breast cancer is increased

**9. Jack is 16 years old and drinks 3 Smirnoff Double-Black premixed 375ml cans (1.9 standard drinks per 375ml) on Saturday night at a party. The following answer is not correct**

1. Jack is at increased risk of single occasion alcohol related harm
2. Jack is at increased risk of getting into a fight and injuring himself or others
3. Jack is at increased risk of poor judgement and engaging in practices like unsafe sex and experimenting with other drugs
4. As it’s a ‘one-off’ and Jack has had something to eat, Jack is safe and not at increased risk of alcohol related harm

**10. Logon to** [**HealthPathways**](https://sydneynorth.communityhealthpathways.org/) **(Username: healthpathways and Password: gateway) and type ‘alcohol advice’ in the search field then click on ‘Drug and Alcohol Advice’ . List 3 services you can contact for advice for patients experiencing severe alcohol related harms.**

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**11.** **Self-reflection is often difficult and can be inaccurate, yet it is important to identify your goals and check if they are being achieved.**

**How do you measure the effectiveness of your alcohol screening and brief interventions?**

**(a) Effective from the patient perspective?**----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

**(b) Effective from your GP perspective?** -----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------