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### AUDIT-C guidance sheet for professionals

The screening tool is to be used in conjunction with the alcohol pathway.

- Women complete part A and B of AUDIT-C themselves.
- Professionals score part A using the professional guide on page 2 of AUDIT-C. See example below.

#### Part A completed by women

Part A: In the 12 months before you knew you were pregnant?

How often would you have a drink that contains alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week
How many units of alcohol would you have on a typical day when you are drinking?	1-2	3-4	5-6	7-8	10+
How often did you have 6 or more units, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily

Part B: When was your last alcoholic drink?

a) Since finding out you are pregnant which of the following best describes your alcohol use:

Daily drinker	<input type="checkbox"/>	Infrequent drinker	<input type="checkbox"/>
Non-drinker	<input checked="" type="checkbox"/>	Social drinker	<input type="checkbox"/>

#### Part A professional scoring

For professional guidance: Part A: In the last 12 months before you knew you were pregnant

Part A	Question	Score				
		0	1	2	3	4
1	How often would you have a drink that contains alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week
2	How many units of alcohol would you have on a typical day when you are drinking?	1-2	3-4	5-6	7-8	10+
3	How often did you have 6 or more units, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily

Example indicates a score of 5 and ticked currently a non-drinker

- If score is >5 on part A and/or is currently drinking (assessed by part B), professional to complete part C with the woman.

**PART C** – If finding it difficult to abstain or if reports current drinking in pregnancy or scores 5 or more on AUDIT-C to complete below with woman based on 12 months pre-pregnancy and refer to Consultant/specialist Midwife.

	Question	Score				
		0	1	2	3	4
4	How often in the last year have you found you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
5	How often in the last year have you failed to do what was expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
6	How often in the last year have you needed an alcoholic drink in the morning to get you going?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
7	How often in the last year have you had a feeling of guilt or regret after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
8	How often in the last year have you not been able to remember what happened when drinking the night before?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
9	Have you or someone else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year
10	Has a relative/friend/doctor/health worker been concerned about your drinking or advised you to cut down?	No		Yes, but not in the last year		Yes, during the last year

Example part C, score of 3

- Combine scores from part A and C and refer to pathway 1.

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- In the example, the woman scored 5 for pre-pregnancy drinking, currently a non-drinker and overall score of 8(including part C) indicating risk so refer and follow pathway 2.

### Guidance for Alcohol Pathway

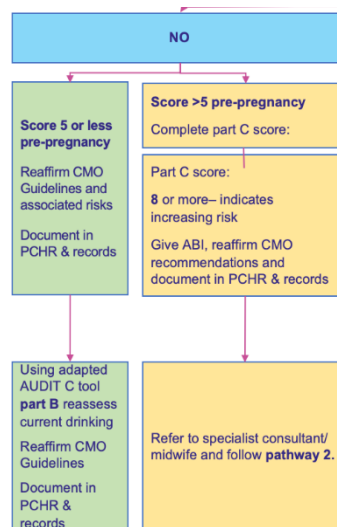
To be used with AUDIT C

#### Pathway 1

Is the women currently drinking? (answer from part B)

**NO**

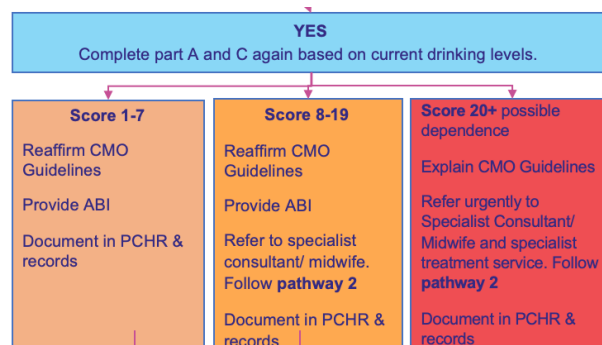
- If NO, use scores from Part A of AUDIT-C to assess whether to follow green or yellow boxes.



- If she scores >5 on part A, follow yellow boxes. Combine scores from part A and part C, if scores 8 or more refer to specialist and follow pathway 2 yellow section.

**YES**

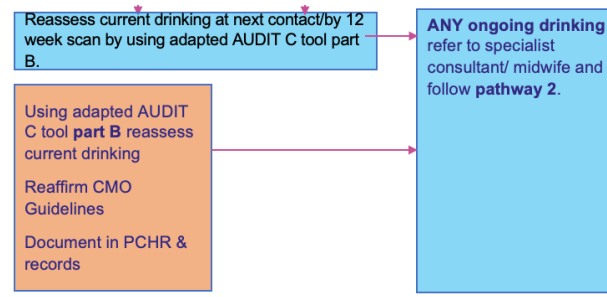
- If currently drinking, use combined scores from part A and part C to attain whether to follow pale orange, bright orange or red section.



- If combined scores from part A and part B are between 1-7, reassess at next contact/by 12 week scan using part B from AUDIT-C. Any ongoing drinking must refer to specialist MW or consultant. Follow pathway 2.

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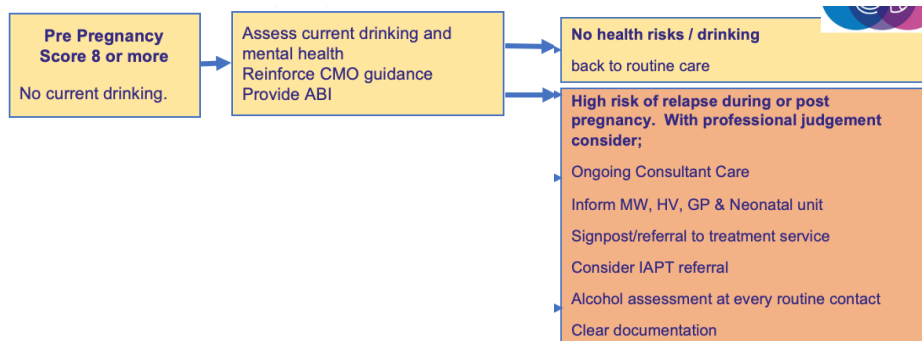
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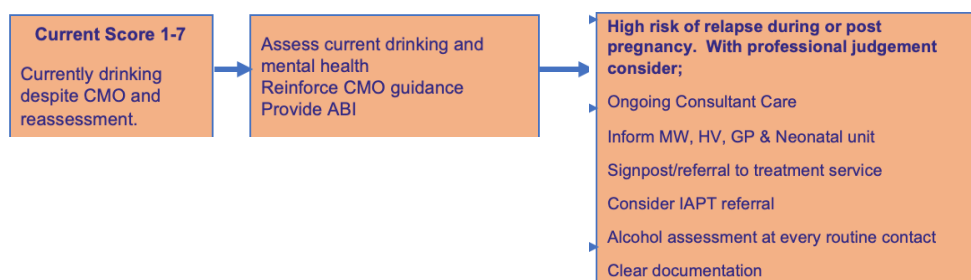
**Pathway 2**

*Women are to be seen within 10 days from referral*

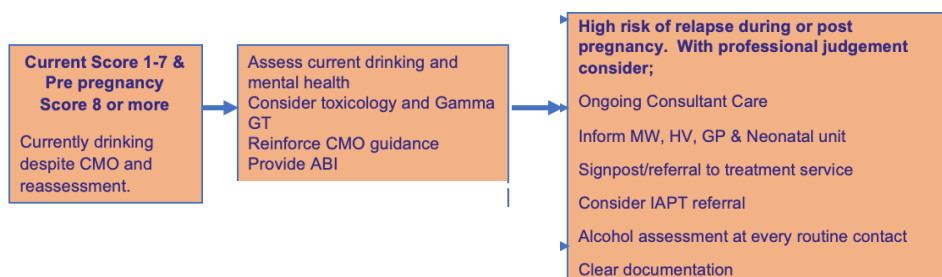
- For any woman who is NOT currently drinking but scored a combined score (from part A and C from AUDIT-C) of 8 or more to follow the yellow boxes. Unless considered high risk consider pale orange box.



- For women who ARE CURRENTLY drinking and score a combined score (form part A and C from AUDIT-C) of 1-7, follow pale orange boxes.



- For women who ARE CURRENTLY drinking and score a combined score (form part A and C from AUDIT-C) 1-7 AND a pre-pregnancy score of 8 or more follow the next set of pale orange boxes.



- For women who ARE CURRENTLY drinking and score a combined score (form part A and C from AUDIT-C) 8-19 follow bright orange boxes.

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- For women who ARE CURRENTLY drinking and score a combined score (form part A and C from AUDIT-C) 20+ follow red boxes.



- Any women who are not engaging, follow purple boxes.

