

# FAST

## Assessment for hazardous alcohol consumption

**Purpose** : Assessment for hazardous alcohol consumption

**Admin time** : 1-3 min

**User Friendly** : High

**Administered by** : GP or nurse, or self

It is important that distractions are kept to a minimum and the patient is not in pain, distressed or intoxicated.

Even if self-completed, the practitioner should be present to answer questions and ensure all of the questions are answered

**Content** : 4 Questions pertaining to alcohol use

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# FAST - Assessment of alcohol consumption

Name : \_\_\_\_\_ Date : \_\_\_\_\_






Assessed by : \_\_\_\_\_

For the following questions please circle the answer which best applies :

Questions	Scoring system					Your score
	0	1	2	3	4	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
<b>Only answer the following questions if the answer above is Never (0), Less than monthly (1) or Monthly (2). Stop here if the answer is Weekly (3) or Daily (4).</b>						
How often during the last year have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	








FAST score Total

**One unit of alcohol**

 Half pint of "regular" beer, lager or cider
  Half a small glass of wine
  1 single measure of spirits
  1 small glass of sherry
  1 small measure of aperitifs

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**Drinks more than a single unit**

 2
  3
  1½
  2
  4
  3
  9

**An overall total score of 3 or more on the first or all 4 questions is FAST positive.**

## What to do next?

If your score is FAST positive, complete the remaining AUDIT questions.

# Remaining AUDIT questions

For the following questions please circle the answer which best applies :

Questions	Scoring system					Your score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2 to 4 times per month	2 to 3 times per week	4 times or more per week	
How many units of alcohol do you drink on a typical day when you are drinking?	0 to 2	3 to 4	5 to 6	7 to 8	10 or more	
How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Monthly or less	Monthly	Weekly	Daily or almost daily	
How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?	Never	Monthly or less	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Monthly or less	Monthly	Weekly	Daily or almost daily	
Have you or somebody else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	

**Remaining questions Total**

**AUDIT score Total**  
**(FAST score Total + Remaining questions Total)**

# AUDIT Assessment - Scoring

Score*	Suggested zone	Indicated action
0-3: Women 0-4: Men	<b>I – Low risk</b> (low risk of health problems related to alcohol use)	Brief education
4-12: Women 5-14: Men	<b>II - Risky</b> (increased risk of health problems related to alcohol use)	Brief intervention
13-19: Women 15-19: Men	<b>III - Harmful</b> (increased risk of health problems related to alcohol use and a possible mild or moderate alcohol use disorder)	Brief intervention or referral to specialized treatment
20+: Men 20+: Women	<b>IV - Severe</b> (increased risk of health problems related to alcohol use and a possible moderate or severe alcohol use disorder)	Referral to specialized treatment

**Brief education:** An opportunity to educate patients about low-risk consumption levels and the risks of excessive alcohol use.

**Brief intervention:** Patient-centered discussion that employs Motivational Interviewing concepts to raise an individual’s awareness of his/her substance use and enhancing his/her motivation towards behavioral change. Brief interventions are typically performed in 3-15 minutes, and should occur in the same session as the initial screening. Repeated sessions are more effective than a one-time intervention.

The recommended behavior change is to cut back to low-risk drinking levels unless there are other medical reasons to abstain (liver damage, pregnancy, medication contraindications, etc.).

Patients with numerous or serious negative consequences from their drinking, or patients with likely dependence who cannot or will not obtain conventional specialized treatment, should receive more numerous and intensive interventions with follow up. The recommended behavior change in this case is to either cut back to low-risk drinking levels or abstain from use.

**Referral to specialized treatment:** A proactive process that facilitates access to specialized care for individuals who have been assessed to have substance use dependence. These patients are referred to alcohol and drug treatment experts for more definitive, in-depth assessment and, if warranted, treatment. The recommended behavior change is to abstain from use and accept the referral. Referrals to treatment are delivered to the patient using the brief intervention model.