Alcohol screening and treatment

TEST YOUR KNOWLEDGE BY COMPLETING THIS MULTIPLE-CHOICE QUIZ

1. Which World Health Organization region has the highest alcohol consumption?
   a) Western Pacific region  
   b) European region  
   c) South-East Asia region  
   d) Eastern Mediterranean region

2. How many units of alcohol would a man classified as drinking at a 'high-risk' level consume per week?
   a) Up to 14 units  
   b) 14-50 units  
   c) 50-75 units  
   d) More than 75 units

3. Which statement is true?
   a) Alcohol use has declined but the incidence of alcohol-related health harms has increased in the UK  
   b) Young people have an increasingly positive attitude towards alcohol  
   c) Alcohol use has increased but the incidence of alcohol-related health harms has declined in the UK  
   d) The majority of the UK population are high-risk or very high-risk drinkers

4. Alcohol use has been noted as a causal factor in which of the following conditions?
   a) Cardiovascular conditions  
   b) Depression  
   c) Liver disease  
   d) All of the above

5. The two types of alcohol-use disorder in the International Statistical Classification of Diseases-10 Classification of Mental and Behavioural Disorders (ICD-10) are:
   a) Binge drinking and addiction  
   b) Harmful use of alcohol and alcohol dependence  
   c) Tolerance and intolerance of alcohol  
   d) Continual and intermittent drinking

6. How are the number of units of alcohol calculated?
   a) Volume of liquid (mL) divided by strength of alcohol (alcohol by volume %), divided by 1,000  
   b) Number of grams of pure alcohol divided by strength of alcohol (alcohol by volume %), multiplied by 1,000  
   c) Volume of liquid (mL) multiplied by strength of alcohol (alcohol by volume %), divided by 1,000  
   d) Number of grams of pure alcohol multiplied by strength of alcohol (alcohol by volume %), divided by 1,000

7. The Department of Health low-risk weekly drinking guidelines recommend:
   a) Drinking more than 14 units of alcohol per week  
   b) Focusing drinking on one day per week  
   c) Having no drink-free days each week  
   d) Spreading drinking evenly over three or more days

8. What does a brief intervention entail?
   a) Using the Alcohol Use Disorder Identification Tool alcohol consumption questions (AUDIT-C) and scoring the patient’s answers  
   b) Providing personalised feedback to the patient about their AUDIT-C score and health risk  
   c) Providing information about alcohol-related harms and the benefits of reducing alcohol consumption to patients who drink above low-risk levels, but are not dependent on alcohol  
   d) All of the above

9. Peer recovery support services provide:
   a) Empathic support through shared experiences  
   b) Medicines that aid relapse prevention  
   c) Onward referral to specialist alcohol inpatient services such as inpatient detoxification or residential rehabilitation  
   d) Medically-assisted alcohol withdrawal

10. Which group of medicines is recommended in the pharmacological management of alcohol withdrawal symptoms?
    a) Tricyclic antidepressants  
    b) Statins  
    c) Benzodiazepines  
    d) Beta blockers

How to complete this quiz

This multiple-choice quiz will help you to test your knowledge. It comprises ten questions that are broadly linked to the CPD article. There is one correct answer to each question.
> You can test your subject knowledge by attempting the questions before reading the article, and then go back over them to see if you would answer any differently.
> You might like to read the article before trying the questions.

Subscribers making use of their RCNi Portfolio can complete this and other quizzes online and save the result automatically. Alternatively, you can cut out this page and add it to your professional portfolio. Don't forget to record the amount of time taken to complete it.

Further multiple-choice quizzes are available at rcni.com/cpd/test-your-knowledge

This multiple-choice quiz was compiled by Alex Bainbridge

The answers to this multiple-choice quiz are: 7. d  8. d  9. a  10. c

This activity has taken me minutes/hours to complete. Now that I have read this article and completed this assessment, I think my knowledge is:

Excellent □ Good □ Satisfactory □ Unsatisfactory □ Poor □

As a result of this I intend to: ____________________________________________________________________________