Hazardous or harmful alcohol intake in Opioid Treatment Program (OTP) patients at Canterbury Drug Health Services (CDHS)

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Canterbury Health Services is located in a southwestern suburb of Sydney and has a multicultural population. As well as an opioid treatment program, it has outpatient detox management and counselling.

AIM
To determine levels of alcohol consumption & prevalence of hazardous to harmful alcohol intake in OTP patients

METHOD
Alcohol Use Disorder Identification Test (AUDIT) was used. OTP patients were asked to complete AUDIT forms in a voluntary & confidential manner. 121 patients participated.

RESULTS
70% of patients were male, 24% female, and 6% did not provide data.

Age distribution of patients (years).

CONCLUSION
It is important for OTP clinicians to address alcohol problems in their patients in view of the high prevalence of Hepatitis C and increased hepatic complications associated with alcohol. The risk of a drug overdose or an accident occurring is higher when alcohol is a factor. Brief interventions have been show to be effective in reducing alcohol consumption.

ACKNOWLEDGEMENT
The investigators would like to thank the staff at Canterbury Drug health Services for their assistance in enabling the survey to be performed.

Alcohol risk category

Alcohol is reported to be consumed at a hazardous to harmful level (AUDIT score 8 or above) in 12.4% of patients.

<table>
<thead>
<tr>
<th>AUDIT Total Score</th>
<th>Risk Level</th>
<th>No. of Patients</th>
<th>(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-7</td>
<td>Low Risk</td>
<td>106</td>
<td>87.6</td>
</tr>
<tr>
<td>8-15</td>
<td>Risky or Hazardous</td>
<td>11</td>
<td>9.1</td>
</tr>
<tr>
<td>16-19</td>
<td>High Risk or Harmful</td>
<td>1</td>
<td>0.8</td>
</tr>
<tr>
<td>20 or more</td>
<td>High Risk</td>
<td>3</td>
<td>2.5</td>
</tr>
</tbody>
</table>

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