

# Alcohol History

OPENING THE CONSULTATION		
1	Introduces themselves	
2	Confirms patient's details	
3	Explains the purpose of the consultation	
4	Gain consent to discuss the patient's alcohol history	
5	Enquires about the reason for the patient's presentation	
SCREENING		
6	CAGE questionnaire	
DETAILS OF ALCOHOL INTAKE		
7	Establishes when patient started drinking alcohol	
8	Asks if their intake has changed over time	
9	Current drinking pattern ( <i>How many days a week? / Time of day?</i> )	
10	Quantity and type of alcohol consumed	
ASSESS THE IMPACT OF ALCOHOL		
11	Biological signs of dependence ( <i>sweating / vomiting / tremor</i> )	
12	Psychological signs of withdrawal ( <i>agitation / anxiety / compulsion</i> )	
EFFECTS ON DAILY LIVING		
13	Diet	
14	Occupation	
15	Relationships	
16	Alcohol related crime	
PAST MEDICAL HISTORY		
17	Alcohol related illness	
18	Alcohol related trauma	
19	Other medical conditions	
20	Mental health issues	
DRUG HISTORY		
21	Regular medication	
22	Over the counter medication	
23	Recreational drug use	
24	ALLERGIES	

SOCIAL HISTORY	
25	Home situation / Level of functional independence
26	Occupation
PSYCHOLOGICAL ASSESSMENT	
27	Mood
28	Sleeping pattern
29	Appetite
30	Concentration
31	Thoughts of self harm
32	Suicidal ideation
33	Thoughts of harming others
CLOSING THE CONSULTATION	
34	Thanks patient
35	Offers leaflets on dependence / health impact of alcohol
36	Summarises salient points of the history
KEY COMMUNICATION SKILLS	
37	Active listening
38	Summarising
39	Signposting

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