

# Stress and Impairment in Physicians

These are some simple screening questions for Substance Abuse. You may well already be in the habit of asking them of your patients. The probability of an individual having a Substance Use Disorder increases with each positive response.

## **THIS IS FOR YOUR USE ONLY – DO NOT HAND IT IN**

**If you answer “Yes” to one or more of these questions, please talk to a family member, your doctor, or a trusted friend about your alcohol or substance use.**

1. Have you ever felt a need to cut down on your alcohol or drug use?
2. Have you ever been annoyed by comments that friends or family made about your alcohol or drug use?
3. Have you ever felt guilty about your alcohol or drug use?
4. Have you ever needed a morning eye-opener to steady your nerves?

Key:

Number of Positive Responses	Probability (%) of Substance Use Disorder	Probability of Substance use Disorder in High Risk* Population
1	14	46
2	33	72
3	59	88
4	92	98

\*Those with a family history of substance abuse or dependence

**If you answer anything other than “Never” to one or more of these questions, you are an at-risk user. Please talk to a family member, your doctor, or a trusted friend about your alcohol or substance use.**

In the past year, how often have you used the following?	Never	Once or Twice	Monthly	Weekly	Daily or Almost Daily
Alcohol <ul style="list-style-type: none"> <li>• For men, 5 or more drinks in a day</li> <li>• For women, 4 or more drinks in a day</li> </ul>					
Prescription drugs for non-medical reasons					
Illegal drugs					

### **Some Resources for Physicians with Substance Abuse/Dependence:**

- International Doctors in AA [www.idaa.org](http://www.idaa.org)
- Illinois Professionals Health Program: 24 Hour Help Line: 800-215-4357, press '5' during business hours, press '9' afterhours visit [www.illinoisphp.com](http://www.illinoisphp.com)

#### ➤ **Alcoholics Anonymous**

<b>Alton, Illinois</b> Dist. 18 (618)251-4000 Dist. 18 Answering Service Answering Service: (800)307-6600 Site: <a href="https://aa-district18.org/">https://aa-district18.org/</a>	<b>Carbondale, Illinois</b> Illinois District 17 Carbondale Helpline Hotline: (800)307-6600 Site: <a href="http://www.southernillinoisaa.org">www.southernillinoisaa.org</a>
<b>Quincy, Illinois</b> Illinois District 5: Quincy Site: <a href="http://www.aad5.org">www.aad5.org</a> Information Line 217-257-8787	<b>Springfield &amp; Decatur, Illinois</b> A.A. District 19 Hotline 24 Hr Hotline: (217)525-5795 Toll Free: (866)525-5795 Site: <a href="http://www.aaspringfield.org">www.aaspringfield.org</a>