

# CAGE and CAGE-AID Screening Tool

Asking your patients a few simple questions may help identify a substance abuse problem. The CAGE and CAGE-AID questions are popular, proven, and easy-to-use tools that address drugs and alcohol.

Note: “Drugs” may refer to either illegal drug use or prescription drugs used other than as prescribed.

## CAGE AND CAGE-AID QUESTIONS

<b>C</b>	In the last three months, have you felt you should <b>cut down</b> on or stop drinking or using drugs?	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>A</b>	In the last three months, has anyone <b>annoyed</b> you or gotten on your nerves by telling you to cut down on or to stop drinking or using drugs?	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>G</b>	In the last three months, have you felt <b>guilty</b> or bad about how much you drink or use drugs?	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>E</b>	In the last three months, have you been waking up wanting to have an alcoholic drink or to use drugs, possibly to steady your nerves or get rid of a hangover ( <b>eye opener</b> )?	<input type="checkbox"/> Yes <input type="checkbox"/> No

Each “yes” response earns one point. One point indicates a possible problem. Two points indicate a probable problem.

### If you identify or suspect a problem, consider the 5 A's of intervention — Ask, Advise, Assess, Assist, and Arrange.

**Ask:** Screen for a potential issue.

**Advise:** Provide medical advice about the patient's substance use.

**Assess:** Determine how willing the patient is to change their behavior.

**Assist:** Help the patient make a change through setting concrete goals and a follow-up plan.

**Arrange:** Refer the patient for further assessment and treatment, if appropriate, and set up follow-up appointments.

Source: Richard L. Brown, et al., “The prevalence and detection of substance use disorder among inpatients ages 18 to 49: an opportunity for prevention,” *Preventive Medicine*, Vol. 27, No. 1, 1998, pp. 101 – 110.