



Alcohol Abuse Prevention and Treatment

Clinical Practice Initiatives

NaviCare® HMO SNP, a Medicare Advantage Special Needs Plan and NaviCare® SCO, a Senior Care Options program, both from Fallon Health, have endorsed the Massachusetts Health Quality Partners' (MHQP) Adult Preventive Care Guidelines, found at

<http://fallonhealth.org/providers/medical-management/health-care-guidelines.aspx>.

Preventive patient education

NaviCare may provide the following educational information to your patients:

- Reinforcement of healthy lifestyle changes, including the importance of having routine follow-up visits, taking medication(s) as prescribed, maintaining a healthy diet for weight management, following exercise recommendations, smoking cessation, avoidance of secondhand smoke, and alcohol consumption.
- The National Institute on Alcohol Abuse and Alcoholism's (NIAAA) criteria for the identification of alcohol abuse in seniors (more than one drink per day).
- Signs of alcohol abuse, including changes in eating and/or sleeping patterns, cognitive impairment, malnutrition, liver function abnormalities, altered mood, poor hygiene, or frequent falls.
- Additional significant risk factors for abusing alcohol, such as history of mental illness, current or previous legal problems, and/or psychosocial adjustment to living with chronic illness.
- Types of screening tools, such as the CAGE questionnaire, used to identify potential alcohol abuse.

Clinical indicators

Fallon is required to measure:

- The percentage of patients with a positive screening on the CAGE questionnaire who are referred to a behavioral health clinician

1-877-700-6996

Monday–Friday, 8:30 a.m.–5:00 p.m.

fallonhealth.org