

Clinical Practice Initiatives

Alcohol Abuse Prevention and Treatment

NaviCare® HMO SNP, a Medicare Advantage Special Needs Plan and NaviCare® SCO, a Senior Care Options program, both from Fallon Health (Fallon), 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 and their caregivers:

- 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 and 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, and liver function abnormalities, altered mood, poor hygiene or frequent falls
- Additional significant risk factors for abusing alcohol, such as a history of mental illness, current or previous legal problems, and/or psychosocial adjustment to living with a 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

1-866-275-3247

Monday through Friday from 8:30 a.m. to 5:00 p.m.

fallonhealth.org

