Alcohol 101

Nearly 14 million Americans - 1 in every 13 adults abuse alcohol or are alcoholic. Several million more adults engage in risky drinking that could lead to alcohol problems. These patterns include binge drinking and heavy drinking on a regular basis. Heavy drinking can increase the risk for certain cancers, and can also cause liver cirrhosis, immune system problems, brain damage, and harm to the fetus during pregnancy. In addition, drinking increases the risk of death from automobile crashes as well as recreational and on-the-job injuries. In purely economic terms, alcohol-related problems cost society approximately $185 billion per year. (NIH Publication No. 96 4153, Revised 2001)

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Despite continuing scientific discoveries and emphasis on increasing the number of primary care practitioners, there has not been a commensurate increase in alcohol competency or training. The University of Florida Alcohol Education Center was established to meet the critical national need to improve health practitioner competency in understanding alcohol use, abuse and dependence, by providing information and training that will increase the ability of physicians to recognize and treat alcohol problems.

Alcohol 101 is intended to provide a fundamental understanding of alcohol use and abuse. The objective of this CME activity is to provide physicians with knowledge on: 1) Characteristics of alcohol abuse and dependence, together with screening instruments, brief intervention and treatment; 2) Harmful and beneficial effects of alcohol consumption; and, 3) Core alcohol competency items (standard drink, FAS, metabolism, etc.).

This educational activity is approved for 1 hour of Category 1 CME credit towards the AMA Physician’s Recognition Award. Designed for physicians in all specialties, the material includes core competencies, as well as knowledge, assessment and treatment based competencies. Topics include alcohol treatment, inherited alcoholism, end stage alcoholism, and poly substance abuse.

To take Alcohol 101, click HERE.

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