**Monica Quimby**

**BACKGROUND INFORMATION FOR STANDARDIZED PATIENT**

Late 40’s

Harmful Use

**History**

You are a 46 year old woman who presents to the clinic to follow up for hypertension. You report that you have recently lost your filing job at an office. Additionally, things have gotten very difficult at home. Between financial worries, constant arguing with your husband, and finding out your son just got kicked out of high school for being caught with pot, you are “at the end of your rope.” You screen positive for alcohol use on the “Wellness Survey” (single question alcohol screen).

**Social History**

You admit to having a few more glasses of wine than usual each night over past six months. Usually you drink about 2 glasses of wine per night but lately you have had 3 or 4 glasses and on one evening last week, you finished a bottle of wine by yourself. On that night, your husband found you asleep on the bathroom floor in the middle of the night. (Actually a few shots of Sambuca as well but husband did not notice)

You quit smoking 2 years ago and currently don’t do any drugs. You have used marijuana and cocaine in the past but have not used for 20 years.

**AUDIT ANSWERS (Positive on Single question alcohol screen)**

1. How often do you have a drink containing alcohol? dally
2. How many drinks containing alcohol do you have on a typical day when you are drinking? Usually 3 or 4
3. How often do you have five or more drinks on one occasion? Maybe once a week
4. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down? Husband – Concerned that I fell asleep in bathroom (maybe passed out), worried about the drinking and my blood pressure and says sometimes the drinking makes me cranky.
5. How often during the last year have you been unable to remember what happened the night before because of your drinking? I don’t know how I ended up in bathroom.

**Your point of view**

You have trouble seeing the connection between your increase in alcohol use and problems at home and at work as well as with your increased blood pressure. In fact you feel your alcohol use is helping you cope with all of the stress that you do have. You state your motivation to change is a “4 out of 10.” You ultimately agree to cut down, but can’t see why quitting altogether would make things any better and in fact, having a glass of wine at night is the only thing that helps you deal with your problems.