

의사의 절주 교육법

Patient Education for Moderate Drinking

가

640

Jong Sung Kim, M.D.

Department of Family Medicine

Chungnam National University College of Medicine & Hospital

E-mail : jskim@cnuh.co.kr

20^{03 12} 2002
 19 1 2
 70 (24.6L) 160 (54.9L)
 (1).
 21.98%(2) 10 2

Abstract

A brief advice by a physician to problem drinkers are known to be very effective in reducing alcohol consumption, health care utilization, motor vehicle events, and its related costs. This article is to provide the definition of moderate drinking and screening methods for alcohol problems in the context of primary care. Various individualized strategies of education can be applied to the patients based on their drinking habits on each visit. Regular programs of group education for problem drinkers and their families are also considered to be useful methods in both ambulatory and hospital settings. From preventive perspectives, public health educations should be focused on the establishment of a culture of moderate drinking in the community.

Keywords : Alcohol; Patient education;

Problem drinking; Moderate drinking;

Heavy drinking

: ; ; ; ;

557

		0	1	2	3	4
	?		1	2~4	2~3	4
	??	1~2	3~4	5~6	7~9	10
6						
?			1	1	1	
1	가					
	?		1	1	1	
1						
	?		1	1	1	
1						
	?		1	1	1	
1						
	?		1	1	1	
1						
	?		1	1	1	
가	?			1	1	
				(2)	(4)	
가	가					
				1	1	
	?			(2)	(4)	
*		1	1		.	

*	1	1	.
---	---	---	---

(7, 8)	10	1
--------	----	---

(1)

가 ‘ , 11 , 12

가 가 1.

‘ ’, 26 1) 가

가 ‘ ’ (9). 가

가 .

가 1~2 .

가 가

가 (10)

가 가 가

가 가

2)

가

(alcohol dehydrogenase)

(, , , 가 가 가

) 가 가 가

P - 450 (

, barbiturates, , phenothiazines, 4가

opiates, warfarin,) (2).

가

가 가 가 (1)

P - 450 가 가 ,

가 가

가 가

가 가

가 P - 450 가

N - acetyl - p - benzoquinone

imine(NABQI) 가

(MAO , 가

, furazolidone, griseofulvin,

, quinacrine,) - .

Education & empowerment :	:	"	가			"
		"		가		"
		"	가			"

(2) $\frac{1}{2} \frac{1}{2} \frac{1}{2} \frac{1}{2}$ (4) $\frac{1}{2} \frac{1}{2} \frac{1}{2} \frac{1}{2}$ $\frac{1}{2} \frac{1}{2} \frac{1}{2} \frac{1}{2}$

가 가 가 가 가

(3) 1~2 가 . 가

3. -	
가	
-	가 .
-	가 .
-	가 .
4. / -	
가	
-	.
-	.

가 . (denial) 가 .

, 가

()

.

5

1

.

.

(1) -

(POI : problem - oriented insight)

가

, 가

, 가 .

가 (3).

가

.

.

,가 ,

가

.

GABA(gamma - aminobu-

tyric acid) 가

tyric acid) 가

가 가

가 가

(negotiation)

(2) $\frac{1}{2} - \frac{1}{2} = 0$ (,)

(2) $\frac{1}{2} - \frac{1}{2} = 0$ (,)

(C/DOI : control/ dependence - oriented insight) 가 .

(C/DOI : control/ dependence - oriented insight) 가 .

(3) -

가 (AOI : abstinence - oriented insight)

가 가

가 가

가 가 가

가 가 가

가 가 가

(4). 가 (5).

(4). 가 (5).

(4) -

가 . (SOI : surroundings - oriented insight)

가 . (SOI : surroundings - oriented insight)

가 가

가 가

가			
-	.	-	가 .
-	.	-	.

[illegible]

•

9.	가	(HAIS : Hanil Alcohol In-
	sight Scale)	5
	가	
1, 6, 11, 16		가
/ 2, 7, 12, 17		(8, 9).
3, 8, 13, 18		
4, 9, 14, 19		
5, 10, 15, 20	가	3
	가	(poor insight)
	4 ~ 15	
(5) / -	(fair insight)	16
(H/TOI : hospitalization/treatment - oriented	가	(good insight)
insight)	(11).	가
(motiva-	10	.
tion) . 가		
,	2.	
	1) 1	
(7).		
		.
가	가	가
	,	,
		.
AA(alcoholics anonymous)		.
,	,가,	,
		가
	,	,
	,	,
가	가	가
	가	
()	가	가

10.
(mg/dL)
30
100
300
400

(10).
 , 100 mg/dL
 500 mg/dL 50%
 (12).

가
 2,100~2,300 : 1
 가 (11).
 (/) 0.14
 7

2)

가 가

11.	가
	()
가	()
	(ADH)
	ADH
	(, ,)

:

(NAD⁺)

ADH

(, ,)

AA

3)

, ,

12.

1.

-

-

-

2.

-

-

-

-

3.

-

-

-

-

가

4.

-

-

5.

-

-

6.

-

-

- 가

7.

-

-

- 가

8.

가

-

가

-

9.

-

-

-

10.

-

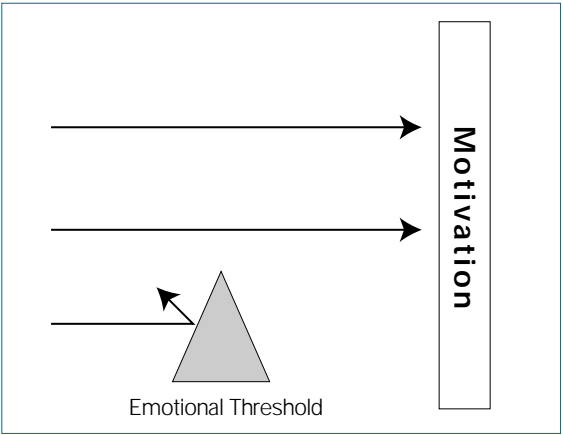
(AA)

- 가

(Alanon)

-

(Alateen)



1.

가

(therapeutic confrontation)

1. . 2003 , 2003 : 28 - 9
2. . IX - 1987 ; 13 : 15 - 26

3. Fleming MF, Barry KL, Manwell LB, Johnson K, London R. Brief physician advice for problem drinkers : a randomized controlled trial in community - based primary care practices. JAMA 1997 ; 277 : 1039 - 45
4. Fleming MF, Mundt MP, French MT, Manwell LB, Stauffacher EA, Barry KL. Brief physician advice for problem drinkers : long - term efficacy and benefit - cost analysis. Alcohol Clin Exp Res 2002 ; 26 : 36 - 43
5. US Department of Agriculture. Dietary guidelines for Americans. USDA, 2000 : 18
6. Cobbs EL, Duthie EH, Murphy JB. Geriatric review syllabus : A core curriculum in geriatric medicine. 5th ed. MA : Blackwell Publishing Co, 2002 : 243 - 9
7. Saunders JB, Aasland OG, Amundsen A, Grant M. Alcohol consumption and related problems among primary health care patients : WHO Collaborative Project on Early Detection of Persons with Harmful Alcohol Consumption I. Addiction 1993 ; 88 : 349 - 62
8. Saunders JB, Aasland OG, Babor TF, de la Fuente JR, Grant M. Development of the Alcohol Use Disorders Identification Test (AUDIT) : WHO Collaborative Project on Early Detection of Persons with Harmful Alcohol Consumption II. Addiction 1993 ; 88 : 791 - 804
9. alcohol use disorders identification test (AUDIT) 1999 ; 20 : 1152 - 9
10. Wannamethee G, Whincup PH, Shaper AG, Walker M, MacFarlane PW. Factors determining case fatality in myocardial infarction "Who dies in a heart attack?" . Br heart J 1995 ; 74 : 324 - 31
11. Kim JS, Kim GJ, Lee JM, Lee CS, Oh JK. HAIS (Hanil Alcohol Insight Scale) : Validation of an insight - evaluation instrument for practical use in alcoholism. J Stud Alcohol 1998 ; 59 : 52 - 5
12. Koch - Weser J, Sellers EM, Kalant H. Alcohol intoxication and withdrawal. N Engl J Med 1976 ; 294 : 757 - 62