

# Alcohol Use Indicators Identified by Screening Hospitalized Adults in Rural East Tennessee: A Cross-Sectional Study

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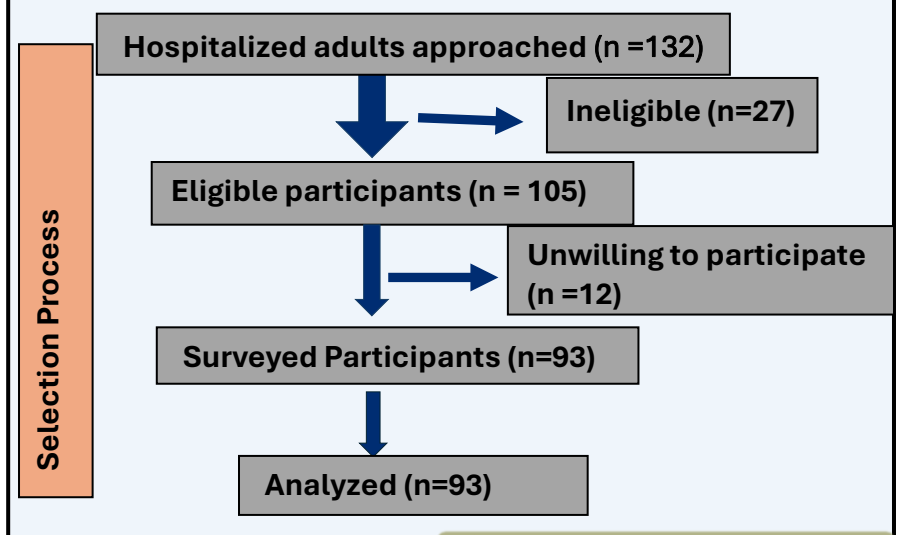


## 1 Background

- Tennessee adult drinking rose to an all time high **48.5%** according to 2024 -2026 reports only about **8%** of this number has received any treatment for AUD
- Hospitalization presents a unique opportunity to identify unhealthy alcohol use and initiate early intervention**
- Screening for harmful alcohol use is common in primary care but not common among hospitalized adults

## 2 Methodology

- We conducted single center, brief anonymous survey of adult (≥18years old) hospitalized patients in a community hospital who met our eligibility criteria.
- We utilized the validated AUDIT-C screening tool to assess unhealthy alcohol use within the 30 days prior to hospitalization.
- NIAAA and SASQ was used to assess binge drinking which was defined as ≥ 5 drinks for those assigned male at birth or ≥ 4 drinks for those assigned female at birth on ≥ 1 occasion within the past year



## 3 Results

Variables	n	%	SD (95% CI)	P value
Age Group				
18- 29	6	6.5		
30- 44	13	14.0		
45- 59	19	20.4		
60+	55	59.1		
Total	93	100	21.8(18.8, 27.6)	0.048
Sex				
Male	35	38		
Female	57	61	28.2 (25.2, 36.7)	0.00
Prefer not to say	1	1		

**Table 2: Descriptive Statistics of Alcohol Use among survey respondents, n=93**

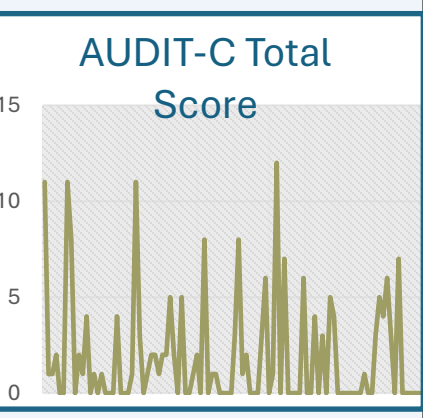
Unhealthy alcohol use (UAU) was defined as binge drinking: ≥5 drinks in one sitting for persons assigned male at birth and ≥4 drinks for persons assigned female at birth

Unhealthy Alcohol Use	n	%	SD (95% CI)
Yes	24	26	31.8 (40, 52.9)
No	69	74	

Alcohol Use Past 30 Days	n	%	SD (95% CI)
Yes	24	26	31.8 (40, 52.9)
No	69	74	

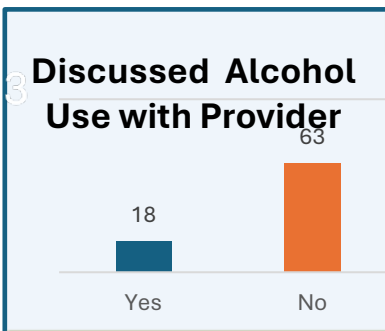
within the past year



Out of 93 participants screened, 26% reported binge alcohol use within the past year (Mean SD 31, 95% CI 46.5 ± 6.5). Twenty-one and Thirty-six respondents had a total AUDIT-C score of ≥ 4 and ≥ 2 respectively (Mean 2.0, Median 1(IQR 1-12)). Only 19% of participants surveyed discussed their use with a provider

## 4 Conclusion

- Unhealthy Alcohol use was common among hospitalized adults, yet most participants did not perceive a need to discuss their use with a provider
- Incorporating validated alcohol screening tools into routine admission protocols could enhance early identification and enable timely, targeted interventions.**



## 5 Affiliations, Acknowledgment and Disclosures

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- Our gratitude to Ryan Alexander, DO, MPH Medical Director SUD Programming, McNabb Center Knoxville
- The authors have no financial relationships to disclose

## 6 References

