

5P's Substance Use Disorder Screening Tool

Ensure questions are asked when patient is in a private place and able to adequately respond

“During pregnancy health can be affected by emotional problems, alcohol, tobacco, other drug use and violence. Health can also be affected when these same problems are present in people who are close to them. Alcohol includes beer, wine, wine cooler, liquor, and spirits. Tobacco products include cigarettes, cigars, snuff and chewing tobacco. Knowing about these behaviors helps us provide you and your baby the best possible care. You don't have to answer any questions if you feel uncomfortable. Would it be okay to ask you a few questions?”

Parents Did any of your parents have a problem with alcohol or other drug use including prescription medications?			Yes	No
Peers Do any of your friends have a problem with alcohol or other drug use including prescription medications?			Yes	No
Partner/someone close to you Does your partner or someone close to you have a problem with alcohol or other drug use including prescription medications?		Yes		No
Past In the past, have you had difficulties in your life due to alcohol or other drugs including prescription medications?	Yes	Yes		No
Present In the past month, have you had alcohol or used other drugs including prescription medications? 1. How many days per month do you drink/use drugs/take prescription medications? _____ 2. How many drinks/what quantity of drugs/number of pills do you have on any given day? 3. How often did you have 4 or more drinks per day in the last month? _____	YES			No
Suggested verbal responses	“Thank you for sharing.” “Would it be OK if I ask _____ to come and talk with your responses?”	“Thank you for sharing. Sometimes when others close to you have a problem with substance use, it can make it hard for a person to not to join in as well. Has this been a concern for you?”	“Thank you for sharing. Sometimes when parents or friends have a current or past problem with substance use, it can put you at risk for substance use as well. Has this been a concern for you?”	
Recommended Actions if “YES”	Brief Intervention. Contact SW. Start checklist.	Assess risk.	Discuss increased risk for substance use.	

Brief Negotiated Interview (BNI)

<p>1) Build Rapport & Bring It Up</p>	<p>One health issue we discuss with all pregnant patients is alcohol and drug use. Having an honest conversation about these behaviors helps us provide you and your baby the best possible care. You don't have to answer any questions if you feel uncomfortable. Would it be okay to talk for a minute about whether alcohol/drugs are part of your life?</p>																				
<p>2) Pros and Cons</p> <p>Summarize</p>	<p>People use alcohol and drugs for lots of reasons</p> <ul style="list-style-type: none"> • Help me understand what you like about using [X]? • What do you like less about using [X]? "Is there anything you don't like about using {X}?" • So, on the one hand [PROS], and the other hand [CONS]. 																				
<p>3) Information & Feedback Elicit</p> <p>Provide</p> <p>Elicit</p>	<p>I have some information on the risks of drinking and drug use during pregnancy. Would it be OK if I shared them with you? (Refer to appropriate handouts/cards as needed)</p> <p>There is no known amount of alcohol that is safe to drink during pregnancy or when trying to get pregnant. Drinking anything containing alcohol during pregnancy can cause Fetal Alcohol Spectrum Disorders which include physical problems, intellectual and behavioral disabilities.</p> <p>Use of drugs during pregnancy can also increase the risk for other pregnancy complications and health problems for your baby, and behavioral and developmental problems in childhood.</p> <p>Use of drugs and alcohol while breastfeeding can also have negative effects on your baby</p> <p>Do you have any thoughts you'd like to share on that?</p>																				
<p>4) Readiness Ruler</p> <p>Reinforce positives</p> <p>Ask about lower #</p>	<p>This Readiness Ruler is like the Pain Scale we use in the hospital. On a scale from 1-10, with 1 being not ready at all and 10 being completely ready, how ready are you to make any kind of changes in your [X] use?</p> <div style="text-align: center;"> <p>NOT READY VERY READY</p> <table border="1" style="margin: auto; border-collapse: collapse;"> <tr> <td style="text-align: center;"> </td> <td style="text-align: center;"> </td> <td style="text-align: center;"> </td> <td style="text-align: center;"> </td> <td style="text-align: center;"> </td> <td style="text-align: center;"> </td> <td style="text-align: center;"> </td> <td style="text-align: center;"> </td> <td style="text-align: center;"> </td> <td style="text-align: center;"> </td> </tr> <tr> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> </tr> </table> </div> <p>You marked _____. That's great. That means you are _____ % ready to make a change.</p> <p>Why did you choose that number and not a lower one like a 1 or a 2?</p>											1	2	3	4	5	6	7	8	9	10
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<p>5) Action Plan</p> <p>Affirm ideas</p> <p>Write down steps</p>	<p>What are some steps you could take to reduce the things you don't like about using [X]? What ideas do you have to keep you and your baby healthy and safe?</p> <p>Those are great ideas! Is it okay for me to write down your plan, your own prescription for change, to keep it with you as a reminder?</p> <p>What should I write down on here?</p>																				
<p>6) Seal the Deal</p> <p>Offer appropriate resources</p> <p>Thank patient</p>	<p>I have some additional resources that people sometimes find helpful. Would you like to hear about them?</p> <ul style="list-style-type: none"> • Introduce the SW team Offer a warm handoff if possible. • Offer handouts or brochures as appropriate. <p>Thank you for talking with me today.</p>																				