Steps of the brief intervention

Raise the subject	 "Thank you for completing this questionnaire - is it ok with you if we review your results?" "Can you tell me more about your past/current drinking or drug use? What does a typical week look like?"
Provide feedback	 "Sometimes patients who give similar answers on this questionnaire are continuing to use drugs or alcohol during their pregnancy." "I recommend to all my pregnant patients not to use any amount of alcohol or drugs, because of the risks such as"
Enhance motivation	 "What do you like and what are you concerned about when it comes to your substance use?" "On a scale of 0-10, how ready are you to avoid drinking/usingaltogether? Why did you pick that number rather than a(lower number)?"
Negotiate plan	 Summarize conversation. Then: "What steps do you think you can take to reach your goal of having a healthy pregnancy and baby?" "I hope we can check in about this next time - can we schedule a date?"

Readiness Ruler

Not at al	u									Very
0	1	2	3	4	5	6	7	8	9	10

5Ps

Interpreting the 5Ps screening tool

1. Did any of your <i>Parents</i> have problems with alcohol or drug use?	Answers	Zone	Indicated action	
 2. Do any of your friends (<i>Peers</i>) have problems with alcohol or drug use? NoYes 3. Does your Partner have a problem with 	"No" to all substance use questions	Low risk	Positive reinforcement	
alcohol or drug use?	"Yes" to Parents		Review risk	
4. Before you were pregnant did you have problems with alcohol or drug use? (<i>Past</i>)	"Yes to Peers questions	Risky	Perform brief intervention or referral	
NoYes 5. In the past month, did you drink beer, wine or liquor, or use other drugs? (<i>Pregnancy</i>) NoYes	"Yes" to Partner, Past or Present questions	Harmful or Severe	Refer for further assessment and possible specialized treatment	



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