Perinatal SBIRT

Introduction

Do you mind if I ask you a few questions regarding your health and the health of people close to you?

Screening with the 5P's

1. Do any of your parents/caregivers have a problem with alcohol or other drug use?
2. Do any of your friends have a problem with alcohol or other drug use?
3. Does your partner have a problem with alcohol or other drug use?
4. Are you feeling at all unsafe in any way in your relationship with your current partner?
5. Over the last few weeks, has worry, anxiety, depression, or sadness made it difficult for you to do your work, get along with people, or take care of things at home?
6. In the past, have you had difficulties in your life due to alcohol or other drugs, including prescription medications?
7. In the past month, have you had any alcohol or used other drugs?
8. Have you smoked any cigarettes in the past three months?

Substance Feedback

Smoking cigarettes during pregnancy may cause:
- miscarriage
- pre-term birth
- low birth weight

Babies born weighing less than 5 pounds have more health and learning problems.

There is no known safe amount of alcohol during any stage of pregnancy. Alcohol use during pregnancy may cause:
- miscarriage
- newborn death
- Fetal Alcohol Spectrum Disorder (FASD)

Babies born with FASD have low birth weight, physical defects, and intellectual disabilities.

The potential risks of marijuana use during pregnancy and while breastfeeding are not well understood. Marijuana use may:
- disrupt normal brain development
- concentrate or build-up in breast milk

Use of marijuana in any form is not recommended during pregnancy or while breastfeeding.

Negative Screen - REACT

Reinforce
- You’ve decided not to drink or use other drugs during pregnancy to keep yourself and your baby healthy. This is what I recommend to all of my patients.

Educate
- What do you already know about the risks of drinking or using other drugs during pregnancy?
- Is it okay if I share some information with you? Drinking any amount of alcohol or using other drugs could impact your health or your baby’s growth and development.

Anticipate Challenges of Tomorrow
- What circumstances, if any, could make it hard to continue to abstain from drinking or using other drugs during your pregnancy?
Positive Screen - Brief Negotiated Interview

**Build Rapport**
1. I’d like to learn a little bit more about how you answered the questionnaire. Can you tell me how drinking or other drug use currently fits (or has fit) into your life?

**Explore Pros and Cons**
2. What do you like about using [X]? What else?
3. What do you like less about using [X]? What else?
4. So on the one hand [PROS] and on the other hand [CONS]. Where does that leave you?

**Provide Feedback**
6. I recommend that all of my patients abstain from alcohol and other drug use during pregnancy.

**Use Readiness Ruler**
7. Given what we have talked about, on a scale of 1-10 how ready are you to avoid drinking or using altogether?
8. Why did you pick that number and not a lower number? Reflect back reasons for change.

**Negotiate Action Plan**
9. Summarize conversation, then:
10. What steps do you think you can take to reach your goal of a healthy pregnancy and healthy baby? Offer SW referral and warm hand off to MAT/BH/Recovery Services, if appropriate.
11. Is it okay if we check in about this at your next appointment to see how things are going?

Referral to Social Work FAQ

**Why do you want me to meet with the SW?**
- I think meeting with our SW for further support during pregnancy or postpartum would be really helpful.
- The SW is part of our clinical team and routinely meets with patients for various reasons.

**What is the SW going to do?**
- The SW will have a conversation with you and work to identify other helpful resources as needed.

**Will the SW know what I talked to my provider about?**
- Yes, we work as a clinical team, so we document important information in your medical record to communicate about your health and provide you with the best care.

**What if I do not want to see the SW?**
- Tell me more about your concerns...
- Is there anything I can do to help you feel more comfortable?
- OR: I appreciate your consideration, I will talk to the SW to see if we can try again at your next visit.

SBIRT Billing Codes

- **G0396:** Alcohol and/or substance (other than tobacco) abuse structured assessment (e.g. NIDA, SPS), and brief intervention; **15 to 30 min**
- **G0397:** Alcohol and/or substance (other than tobacco) abuse structured assessment (e.g. NIDA, SPS), and brief intervention; **greater than 30 min**

Graciously adapted from MASBIRT TTA/Boston Medical Center