

# Some risks of drinking and drug use during pregnancy

## Withdrawal

(opiates, cocaine, marijuana, amphetamines, alcohol, benzos)

## Fetal alcohol spectrum disorders

(alcohol)

## Birth defects

(alcohol, marijuana, cocaine, opiates)

## Low birth weight

(alcohol, marijuana, cocaine, opiates, meth, tobacco)

## Miscarriage

(alcohol, cocaine, tobacco)

## Premature birth

(alcohol, marijuana, cocaine, opiates, meth, tobacco)

## Sudden Infant Death Syndrome

(tobacco)

## Development and behavior problems

(alcohol, marijuana, opiates, meth)



### Readiness ruler



## Steps of the brief intervention

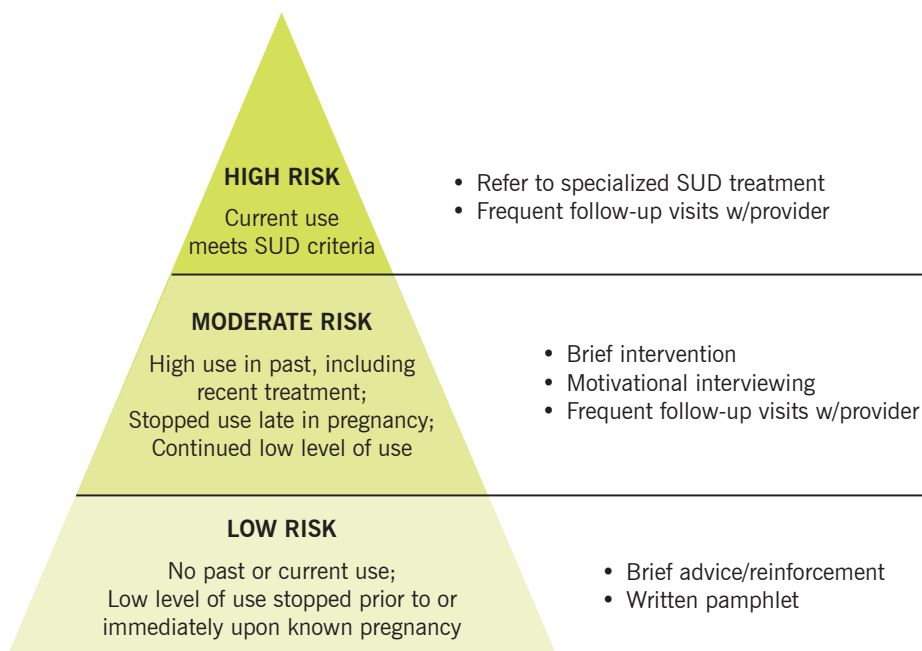
<p><b>Raise the subject</b></p>	<ul style="list-style-type: none"> <li>• “Thank you for completing this questionnaire -is it ok with you if we review your results?”</li> <li>• “Can you tell me more about your past/current drinking or drug use? What does a typical week look like?”</li> </ul>
<p><b>Provide feedback</b></p>	<ul style="list-style-type: none"> <li>• “Sometimes patients who give similar answers on this questionnaire are continuing to use drugs or alcohol during their pregnancy.”</li> <li>• “I recommend to all my pregnant patients not to use any amount of alcohol or drugs, because of the risks shown on the front of this page.”</li> </ul>
<p><b>Enhance motivation</b></p>	<ul style="list-style-type: none"> <li>• “What do you like and what are you concerned about when it comes to your substance use?”</li> <li>• “On a scale of 0-10, how ready are you to avoid drinking/using altogether? Why did you pick that number rather than a ____ (lower number)?”</li> </ul>
<p><b>Negotiate plan</b></p>	<ul style="list-style-type: none"> <li>• Summarize conversation. Then: “What steps do you think you can take to reach your goal of having a healthy pregnancy and baby?”</li> <li>• “I hope we can check in about this next time -can we schedule a date?”</li> </ul>

### SAMHSA National Helpline

24/7 hotline that quickly identifies treatment resources for patients experiencing a substance use disorder:

**1-800-662-HELP (4357)**

### Risk pyramid for assessment of substance use during pregnancy



### Billing codes

#### Screening only

**Commercial & Medicaid** CPT 96160

#### Screening plus brief intervention

**Commercial** ≥15 min: CPT 99408  
≥30 min: CPT 99409

**Medicaid** ≥15 min: G0396  
≥30 min: G0396

SUD, substance use disorder.

Wright. SBIRT in pregnancy. Am J Obstet Gynecol 2016.

SBIRT Oregon. Oregon Health and Science University, Department of Family Medicine.

Available at: <http://www.sbirtoregon.org/clinic-tools/>. Accessed April 8, 2017.