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

0 1 2 3 4 5 6 7 8 9 10 Very

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 shown on the front of this page.”

- **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/using altogether? 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?”

**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**

- **HIGH RISK**
  - Current use meets SUD criteria
  - Refer to specialized SUD treatment
  - Frequent follow-up visits w/provider

- **MODERATE RISK**
  - High use in past, including recent treatment; Stopped use late in pregnancy; Continued low level of use
  - Brief intervention
  - Motivational interviewing
  - Frequent follow-up visits w/provider

- **LOW RISK**
  - No past or current use; Low level of use stopped prior to or immediately upon known pregnancy
  - Brief advice/reinforcement
  - Written pamphlet

**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.