

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

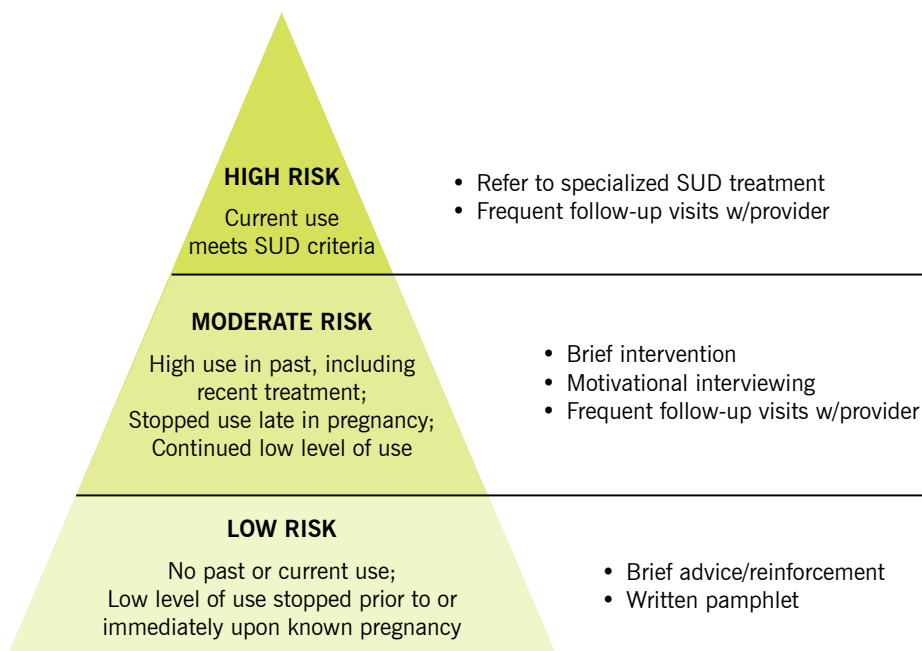
<p>Raise the subject</p>	<ul style="list-style-type: none"> • “Thank you for completing this questionnaire -is it ok with you if we review your results?” • “Can you tell me more about your past/current drinking or drug use? What does a typical week look like?”
<p>Provide feedback</p>	<ul style="list-style-type: none"> • “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.”
<p>Enhance motivation</p>	<ul style="list-style-type: none"> • “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)?”
<p>Negotiate plan</p>	<ul style="list-style-type: none"> • 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



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.