

Some risks of drinking and drug use during pregnancy

Fetal alcohol spectrum disorders

(alcohol)

Birth defects

(alcohol, marijuana, cocaine, opiates)

Low birth weight

(alcohol, marijuana, cocaine, opiates, meth)

Miscarriage

(alcohol, cocaine)

Premature birth

(alcohol, marijuana, cocaine, opiates, meth)

Development and behavior problems

(alcohol, marijuana, opiates, meth)



Readiness ruler



Steps of the brief intervention

Raise the subject

- “Thanks for filling out this form – is it okay if we briefly talk about it?”
- “Just so you know, my role is to help you assess health risks so you can make your own decisions. I want to help you improve your quality of life on your own timeline.”
- “What can you tell me about your past/current substance use?”

Share information

- “Sometimes patients who give similar answers on this questionnaire are continuing to use drugs or alcohol during their pregnancy.”
- Share information about general risks of use. Explain any association between use and current medical complaint.
- Ask the patient: “What do you think of this information?”

Enhance motivation

- If the patient discloses current substance use, ask about their perceived pros and cons of their use, then summarize what patient said.
- “Where do you want to go from here in terms of the health of you and your baby?”
- Gauge patient’s readiness/confidence to reach their goal. If using Readiness Ruler: “Why do did you pick ____ on a scale of 0-10 instead of ____ [lower number]?”

Identify plan

- If patient is ready, ask: “What steps do you think you can take to reach your goal?”
- Affirm the patient’s readiness/confidence to meet their goal and affirm their plan.
- “Can we schedule an appointment to check in and see how your plan is going? You may want to change it or make a new plan.”

National hotline that quickly identifies resources for individuals ready to accept treatment:

800–662–4357

Interpreting the 5Ps screening tool

Answers	Zone	Indicated action
“No” to all substance use questions	Low risk	Brief education
“Yes” to Parents question	Risky	Review risk
“Yes to Peers question		Brief intervention
“Yes” to either Partner, Past or Present questions	Harmful or Severe	Brief intervention (offer options that include treatment)

Billing codes

Screening only	
Medicaid:	CPT 96160
Screening plus brief intervention	
Medicaid:	≥15 min: CPT 99408
	≥30 min: CPT 99409
Medicare:	5-14 min: G2011
	≥15 min: G0396
	≥30 min: G0396