

Screening for substance use during pregnancy using an SBIRT framework

I. Developing an SBIRT process in the maternity care context

SBIRT implementation requires modification of existing clinic workflows. Each context is different. We recommend incorporating SBIRT into the existing intake process for new OB patients, which includes screening for other risk medical risks.

Brief description of a typical SBIRT implementation process

1. SBIRT Preparation:

- Review institutional policies and update as needed to include use of the SBIRT framework for prenatal patients
- Develop a plan for modifying workflow to incorporate screening
- Train appropriate staff for screening process
- Train appropriate staff in brief intervention techniques
- Identify follow up plan and key personnel when screening is positive
- Create a list of resources to support women in need of referrals for substance use
- Identify billing requirements and opportunities
- Develop patient information script or written materials about substance use screening and institutional policies on substance use

2. Implementation:

- Implement workflow modification to include confidential screening and response
- Provide information about institutional substance use policy as part of new patient orientation
- Screen using a validated questionnaire on paper, or the electronic equivalent
- Ensure a warm handoff occurs from staff performing screening to staff who will address positive screening results
- Implement Brief Negotiated Interview [BNI] algorithm following positive screening
- Develop a follow up plan when screening is positive
- Make referrals if needed
- Plan follow up at next visit

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In the example below, screening is performed by a member of the nursing staff, and brief intervention is performed by an APRN or physician when indicated. This practice has identified both a target addiction treatment program and a behavioral health provider as resources for patients who need help with substance use. These resources may be available inside the practice or may need to be developed externally. *Before implementing SBIRT it is essential to have a plan for referral to treatment when needed.*

Guidance regarding follow up assessment after a pregnant woman discloses opioid use disorder is discussed in Factsheet 1 of the SAMHSA *Clinical Guidance* document (SAMHSA, 2018, pp 17-24)

An example of a clinic screening process using a validated questionnaire is depicted below. Additional resources for implementing SBIRT into clinical practice workflows is available from the Department of Family Medicine at Oregon Health Sciences University: <http://www.sbirtoregon.org/contact-us/>