

### 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)



### Raise the subject

“Thanks for filling out this form – is it okay if we briefly talk about your substance use? . . . “Just so you know, my role is to help you assess the 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 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: “What do you think of this information?”

### Enhance motivation

If the patient discloses current use, ask about perceived pros and cons, then summarize. . . “Where do you want to go 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 \_\_\_\_ 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?”