

Trastornos del espectro alcohólico fetal

(alcohol)

Defectos de nacimiento

(alcohol, marihuana, cocaína, opiáceos)

Bajo peso al nacer

(alcohol, marihuana, cocaína, opiáceos, metanfetamina)

Aborto involuntario

(alcohol, cocaína)

Nacimiento prematuro

(alcohol, marihuana, cocaína, opiáceos, metanfetamina)

Problemas de desarrollo y comportamiento

(alcohol, marihuana, opiáceos, metanfetamina)



Nada listo 0 1 2 3 4 5 6 7 8 9 10 Mucho

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?”