

# Algunos de los riesgos del consumo de alcohol y drogas durante el embarazo

## 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)



Regla de preparación

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



# 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 you heard.
- “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?”

Oregon hotline that quickly identifies resources for patients ready to accept treatment:

**1-800-923-4357**

## 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     |