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)
### Interpreting the 5Ps screening tool

<table>
<thead>
<tr>
<th>Answers</th>
<th>Zone</th>
<th>Indicated action</th>
</tr>
</thead>
<tbody>
<tr>
<td>“No” to all substance use questions</td>
<td>Low risk</td>
<td>Brief education</td>
</tr>
<tr>
<td>“Yes” to Parents question</td>
<td>Risky</td>
<td>Review risk</td>
</tr>
<tr>
<td>“Yes” to Peers question</td>
<td>Harmful or Severe</td>
<td>Brief intervention (offer options that include treatment)</td>
</tr>
</tbody>
</table>

### 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

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**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 they 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 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.”

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**National hotline that quickly identifies resources for individuals ready to accept treatment:** 800–662–4357