

**Role play: Selena**

**For the health professional:**

Selena is a 41-year trans woman who works as a financial adviser. She is presenting with complaints of a sore throat that persists after 5 days. Here are Selena’s answers on the DAST screening form:

Please check which recreational drugs you have used in the past year:

- methamphetamines (speed)
- cannabis (marijuana, pot)
- solvents (paint thinner)
- tranquilizers (Valium)
- cocaine
- narcotics (heroin, oxycodone, methadone, etc.)
- hallucinogens (LSD)
- other \_\_\_\_\_

How often have you used these drugs?  Monthly or less  Weekly  Daily or almost daily

1. Have you used drugs other than those required for medical reasons?	No	Yes
2. Do you abuse more than one drug at a time?	No	Yes
3. Are you unable to stop using drugs when you want to?	No	Yes
4. Have you ever had blackouts or flashbacks as a result of drug use?	No	Yes
5. Do you ever feel bad or guilty about your drug use?	No	Yes
6. Does your spouse (or parents) ever complain about your involvement with drugs?	No	Yes
7. Have you neglected your family because of your use of drugs?	No	Yes
8. Have you engaged in illegal activities in order to obtain drugs?	No	Yes
9. Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?	No	Yes
10. Have you had medical problems as a result of your drug use (e.g. memory loss, hepatitis, convulsions, bleeding)?	No	Yes

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Have you ever injected drugs?  Never  Yes, in the past 90 days  Yes, more than 90 days ago

Have you ever been in treatment for substance abuse?  Never  Currently  In the past

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0 1-2 3-5 6+

## **For the patient:**

You are a 41-year trans woman who works as a financial adviser. You scheduled a visit with your primary care doctor because you're worried about a sore throat that hasn't gone away.

You completed a questionnaire that asked you about substance use. You answered that you use cannabis, but have no consequences associated with your use. You smoke cannabis twice a day, on average. You buy the cannabis from a store in a state where it is legal to purchase.

*These are some of your thoughts and feelings about your substance use, which you may or may not disclose depending on how you are approached by the medical professional:*

You have been smoking cannabis since your early 20's. You enjoy the feeling of being high, but the biggest reason you used it was to relive stress and anxiety. For the first 10-15 years of using, it seemed to help with forgetting some traumatic memories from childhood. However, in the last 5 years or so, your anxiety seems to have increased, and the cannabis seems less effective at treating it.

You can't imagine not using cannabis, however. On the rare days that you don't use, you feel fidgety and it's hard to focus on tasks.

## For the observer:

### Brief intervention observation sheet

Did the health professional . . .

#### Raise subject

- |  |     |    |
|--|-----|----|
| 1) Ask patient for permission to discuss substance use?                                  | Yes | No |
| 2) Define their role before beginning discussing the patient's use.                      | Yes | No |
| 3) Elicit the patient's own description of their use, including perceived pros and cons. | Yes | No |

#### Share information

- |   |     |    |
|---|-----|----|
| 4) Explain any connection between use and health complaint (if applicable). | Yes | No |
| 5) Share information about risks of use, low-risk limits.                   | Yes | No |
| 6) Ask the pt what they think of the information just provided.             | Yes | No |

#### Enhance motivation

- |  |     |    |
|--|-----|----|
| 7) Summarize patient's perceived pros and cons of use.     | Yes | No |
| 8) Ask what the pt wants to change about their use.        | Yes | No |
| 9) Use the Readiness Ruler. Ask, "Why not a lower number?" | Yes | No |

#### Identify plan

- |   |     |    |
|---|-----|----|
| 10) If patient sounds ready, ask them to identify a plan of change. | Yes | No |
| 11) Affirm patient's readiness to change and affirm their plan.     | Yes | No |
| 12) Ask to schedule follow-up.                                      | Yes | No |

How well did the health professional use a guiding style of communication?

Not at all

Very well

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