

For the health professional:

Tom is a 24-year old male whose primary complaint is a discharge from his penis and extreme itching. He is concerned he may have a STD.

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

- methamphetamines (speed) cocaine
- cannabis (marijuana, pot) narcotics (heroin, oxycodone, methadone, etc.)
- solvents (paint thinner) hallucinogens (LSD)
- tranquilizers (Valium) 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
	0	1

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

For the patient:

You are a 24-year old male who has recently noticed a discharge from your penis and extreme itching. You're worried you might have a sexually transmitted disease. You completed the DAST screening tool and answered yes to the following questions:

- “Have you used drugs other than those required for medical reasons?”
- “Have you engaged in illegal activities in order to obtain drugs?”

These are some thoughts and feelings you have about your drug use that you may or may not disclose depending on you are approached by the health professional:

You drink alcohol a few times a month, but don't binge when you do drink. However, you've started using methamphetamine over the last couple of years when you go out to clubs with friends at night. You typically use meth 2-3 times a month. You've had unprotected sex a few times while under the influence of meth, and you really regret this behavior. At the same time, you really enjoy your nights at the clubs and the sex you have has while using meth.

You are not sure if you want to quit using meth – but you're scared about your current medical condition. You are a 3 on the readiness ruler.

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 substance use. | Yes | No |

Share information

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

Enhance motivation

- | | | |
|---|-----|----|
| 7) Ask the patient about their perceived pros and cons of their use, then summarize what the patient said. | Yes | No |
| 8) Ask what the pt wants to change about their use. | Yes | No |
| 9) Gauge patient's readiness/confidence to reach their goal. If using 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

1

2

3

4

5

6

7

Very well

Adapted from the BI Adherence/Competence Scale, created by D'Onofrio et al. for Project ED Health.