

Role play: Wendy

For the health professional:

Wendy is a 25-year-old female who arrived at the ER in withdrawal from opiates. These are her answers on the DAST screening tool:

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

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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 25-year-old who arrived at the ER in withdrawal from heroin. You have been injecting heroin for five years. Asked where you felt the pain, you responded, "Everywhere." On a scale of 1 to 10, you rated your pain an 11.

These are some of your thoughts and feelings related to your heroin use - you may or may not disclose this information depending on how you are approached by the medical professional:

You were given opiates for the first time six years ago through a prescription from a dentist, when you had your molars removed. You liked the feeling of taking Oxycodone, and you asked for more until the dentist cut you off. After that, a friend introduced you to heroin.

You have struggling with addiction to heroin and an abusive boyfriend for several years. You have a job as a barista, and have stable housing with roommates. You have tried to quit heroin in the past, but have always returned to using them. You would like to quit using, but do not feel very confident. You are open to accepting some kind of treatment.

For the observer:

Brief intervention observation sheet

Did the health professional . . .

**Raise
subject**

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|--|-----|----|
| 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**

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|---|-----|----|
| 4) Explain any connection between use and health complaint (if applicable). | Yes | No |
| 5) Share information about of 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**

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|---|-----|----|
| 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 |

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

Not at all

Very well

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