

# 5Ps SCREENING TOOL – Cantonese (traditional)

For pregnant patients

患者姓名：\_\_\_\_\_ 出生日期：\_\_\_\_\_

第一學期  第二學期  第三學期  其他：\_\_\_\_\_

篩選器名稱：\_\_\_\_\_ 篩選日期：\_\_\_\_\_

孕婦應每三個月接受以下併發症的篩查，由衛生專業人員進行訪談。 樣品介紹：

為孕婦及其仔嘅健康可能會受到酒精、毒品、煙草、抑鬱症同被伴侶控制嘅影響。 當孕婦及其孩子最親密的關係中出現同樣嘅問題時，佢哋都會受到影響。 透過答呢啲問題，我哋可以為您提供更好嘅護理。

1. 您的父母是否有酗酒或其他藥物的問題？	父母	<input type="checkbox"/> 係	<input type="checkbox"/> 唔係
2. 你的朋友有沒有酗酒或其他藥物的問題？	同行	<input type="checkbox"/> 係	<input type="checkbox"/> 唔係
3. 您的伴侶有酗酒或其他藥物使用的問題嗎？	伙伴	<input type="checkbox"/> 係	<input type="checkbox"/> 唔係
4. 過去，您是否因酒精或其他藥物（包括處方藥）而在生活中遇到困難？	過去	<input type="checkbox"/> 係	<input type="checkbox"/> 唔係
5. 喺舊時嘅一個月度，你是否飲過酒或使用過其他藥物？ - 你個個月飲幾多天酒？ _____ - 每日飲幾多杯酒？ _____ - 上個月你每日飲四杯或更多杯酒嘅頻率係幾多？ _____	目前	<input type="checkbox"/> 係	<input type="checkbox"/> 唔係
6. “在過去 30 天內，你是否抽過香煙或使用過任何其他形式嘅煙草（雪茄、煙斗、無煙煙草、電子煙）？”	煙草	<input type="checkbox"/> 係	<input type="checkbox"/> 唔係
7. 在過去的兩周度，你是否因為對做事嘅興趣或樂趣不足而感到困擾？ 抑或被低落、沮喪或絕望所困擾？	抑鬱症	<input type="checkbox"/> 係	<input type="checkbox"/> 唔係
8. 你而家或曾經處於被伴侶推、推、踢、耳光或毆打嘅關係中呀？ 抑或被伴侶威脅、控制、感到害怕，或一再被伴侶對自己感覺不好？	IPV	<input type="checkbox"/> 係	<input type="checkbox"/> 唔係

### Parents or Peers

A “Yes” answer to either question should result in sharing information about the risks of substance use during pregnancy.

### Partner or Past

A “Yes” answer to either question should result in a brief intervention, using motivational interviewing, to explore the patient’s motivation to abstain from substance use during pregnancy. See steps below.

### Present

A “Yes” answer should result in a brief intervention, using motivational interviewing, to explore the patient’s motivation to abstain from substance use during pregnancy. Treatment should be offered as an option. See steps below.

### Tobacco

A “Yes” answer should result in a brief intervention, using motivational interviewing, to explore the patient’s motivation to abstain from tobacco use during pregnancy. Treatments should be offered as an option.

### Depression

A “Yes” answer to either question should result in further screening for prenatal and postpartum depression, using a tool such as the Edinburgh Postnatal Depression Scale.

### IPV (Intimate Partner Violence)

Screening for IPV should always include an in-person interview. A “Yes” answer to either question should result in using a brief assessment to identify patients at high risk for homicide or severe injury, such as the Danger Assessment (DA-5). A medical or behavioral health professional should also help the patient identify a safety plan for future incidents of violence and discuss resources that offer assistance.

Steps of the brief intervention (more information at [sbirtoregon.org](http://sbirtoregon.org)):

#### Raise the subject

- “Thanks for answering these questions – is it okay if we briefly talk about your answers?”
- “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: “What do you think of this information I shared?”

#### Enhance motivation

- If the patient discloses current substance use, ask about their perceived pros and cons of their use, then summarize what patient 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 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? You may want to change it or make a new plan.”