

青少年 健康篩查

(CRAFFT 2.1+N – Cantonese – traditional)

我們詢問所有青少年患者關於酒精、藥物和情緒的問題，因為這些因素會影響您的健康。如果您有任何問題，請諮詢您的醫生。你在此表格上嘅答將保密。

| 在過去12個月中，您在多少天內： | 天數 |
|--|----|
| 1. 飲咗幾啖啤酒、葡萄酒或任何含酒精嘅嘢飲？ 如果有，則輸入≤0歲。 | |
| 2. 使用任何大麻（透過食煙、電子煙或食物中嘅雜草、油或哈希）或 “synthetic marijuana”（如“K2”、“Spice”）？ 如果有，則輸入≤0歲。 | |
| 3. 使用任何其他嘢嚟獲得興奮（如其他非法藥物、處方或 非處方藥，以及你聞、氣喘或吸電子煙嘅嘢）？ 如果有，則輸入≤0歲。 | |
| 4. 使用任何煙草或尼古丁商品（例如ample、香煙、電子煙、 水煙袋或無煙煙草）？如果有，則說“0”。 | |

如果你嘅上面嘅所有框中都輸入“0”，請回答問題5，然後停止。

如果你嘅上面嘅任何框中輸入“1”或更高，請回答問題5-10。

| | 唔係 | 係 |
|--|--------------------------|--------------------------|
| 5. 你是否曾經乘坐過由“興奮”或一直嘍飲酒或吸毒嘅人（包括你自己）駕駛的汽車？ | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. 你是否曾經使用酒精或藥物嚟放鬆、自我感覺更好嘅或融入社會？ | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. 你是否曾經在獨自一人或獨自一人時飲酒或吸毒？ | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. 你有冇忘記你嘍喝酒或吸毒時做過嘅事情？ | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. 你的家人或朋友有沒有告訴你應該減少飲酒或吸毒？ | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. 你是否曾經在飲酒或吸毒時遇到過麻煩？ | <input type="checkbox"/> | <input type="checkbox"/> |

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For the health professional:

Interpreting the CRAFFT 2.1+N

Any “Yes” responses for questions 5-10 are given one point.

| Answers | Risk | Action |
|-----------------------|-------------|---|
| “No” to questions 1-4 | No risk | Positive reinforcement |
| “Yes” to Car question | Riding risk | Discuss alternatives to riding with impaired drivers (Contract for Life) |
| CRAFFT score = 0 | Low risk | Brief education |
| CRAFFT score = 1 | Medium risk | Brief intervention |
| CRAFFT score \geq 2 | High risk | Brief intervention (offer options that include treatment) |

Brief education: Sharing information with patients about the risks of substance use.

Brief intervention: Patient-centered discussion that employs Motivational Interviewing principles to raise a patient’s awareness of their substance use and enhance their motivation to reduce harm from their use. Brief interventions are typically performed in 3-15 minutes, and should occur in the same session as the initial screening. Repeated sessions are more effective than a one-time intervention.

If a patient is ready to accept treatment, a referral is a proactive process that facilitates access to specialized care for individuals likely experiencing a substance use disorder. These patients are referred to alcohol and drug treatment experts for more definitive, in-depth assessment and, if warranted, treatment. However, treatment also includes prescribing medications for substance use disorder as part of the patient’s normal primary care.

More resources: www.sbirthoregon.org

Citations:

Mitchell SG, Kelly SM, Gryczynski J, Myers CP, O’Grady KE, Kirk AS, & Schwartz RP. (2014). The CRAFFT cut-points and DSM-5 criteria for alcohol and other drugs: a reevaluation and reexamination. Substance Abuse, 35(4), 376–80.

Richardson L, McCauley E, Grossman DC, McCarty CA, Richards J, Russo JE, Rockhill C, Katon W. Evaluation of the Patient Health Questionnaire-9 Item for Detecting Major Depression Among Adolescents. Pediatrics. 2010;126(6).