

青少年 健康篩查

(S2BI – Cantonese – traditional)

我哋詢問所有青少年患者有關藥物和酒精嘅信息，因為藥物使用會影響您的健康。
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。

S2BI :

喺舊時嘅一年中，你使用咗幾次：	從不	一次 或兩次	每月	周刊
煙草：	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
酒精：	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
大麻：	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

如果您對上述所有問題都答咗“從不”，則可以跳到**CRAFTT問題#1**，然後停止。
否則，請繼續回答以下所有問題。

非為您開具的處方藥： (如止痛藥或 Adderall)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
違禁藥物：(如可卡因或搖頭丸)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
吸入劑：(如一氧化二氮)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
草藥或合成藥物： (如丹參、“K2”或浴鹽)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CRAFTT問題

	唔係	係
1. 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"/>
2. 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"/>
3. 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"/>
4. 你有冇忘記你嘍喝酒或吸毒時做過嘅事情？	<input type="checkbox"/>	<input type="checkbox"/>
5. 你的家人或朋友有冇告訴你應該減少飲酒或吸毒？	<input type="checkbox"/>	<input type="checkbox"/>
6. 你是否曾經在飲酒或吸毒時遇到過麻煩？	<input type="checkbox"/>	<input type="checkbox"/>

Interpreting the S2BI questions:

Highest frequency of non-tobacco substance use	Risk category	Recommended action
Never	Abstinence	Positive reinforcement
Once or twice	No substance use disorder (SUD)	Brief education
Monthly	Possible mild SUD	Brief intervention
Weekly	Possible moderate or severe SUD	Brief intervention (offer options that include treatment)

Interpreting the CRAFFT questions:

Any “Yes” responses should be explored with the patient to reveal the extent of substance use–related problems and inform the brief intervention.

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.sbirtoregon.org

Citation:

Levy SJ, Williams JF, AAP COMMITTEE ON SUBSTANCE USE AND PREVENTION. Substance Use Screening, Brief Intervention, and Referral to Treatment. *Pediatrics*. 2016;138(1).