

SCREENING

ALWAYS REMEMBER TO:

- **Have a non-judgmental attitude!**
- Be aware of your own **pre-conceptions** and **attitudes** about substance abuse.
- **Acknowledge** that you recognize that this information is difficult to talk about.
- Ask **open-ended questions** initially and move to more **directed questions** as needed.
- Assure the patient that you are **asking because of concern for his/her health**.
- Pay attention to the **manner** in which patient responds (eg. indications of discomfort).
- Always ask about **current** and **past** substance use.
- Try to **avoid using labels** (like “alcoholic” or “addict”).

TIMING THE SUBSTANCE USE SCREENING

- Ask about **prescription medications** and **more socially acceptable substances**, like caffeine, first and then move on to tobacco, alcohol and illicit substances.
- Ask about **family history** of alcohol or drug abuse first and then ask about the patient’s own use.
- Ask about **general health habits** such as sleep, exercise and diet first and then get into over-the-counter drugs, caffeine, tobacco, alcohol and illicit drugs.
- Ask about substance use **whenever the patient brings it up** for some other reason (such as talking about their boss at work, etc).

TOBACCO

#2) any use is a + screen

- 1) “Have you **ever** smoked 100 cigarettes in your life?” If “**YES**”, ask:
- 2) “Have you smoked even a puff of a cigarette in the **past 30 days**?” If “**YES**”, ask:
 - 2a) “On average, how many cigarettes do you smoke per day?”
 - 2b) “How long have you been smoking at that rate?”

AND

ALCOHOL

#2) >4 (men) or >3 (women) is + screen

#3) even once is a + screen

#4) & 5) “**YES**” is a + screen

- 1) “How often did you have a drink containing alcohol, **even beer or wine**, in the **past year**?” If **any at all**, administer the **AUDIT** or ask:
- 2) “How many drinks do you have on a typical day when you drink?”
- 3) “How often did you have 5 (for men) / 4 (for women) or more drinks on one occasion in the past year?”
- 4) “Has anyone else ever thought you might have a problem with alcohol?”
- 5) “Have you or someone else ever been injured as a result of your drinking?”

AND

PRESCRIPTION MEDICATION MISUSE

#1-3) any “**YES**” is a + screen

- 1) “Have you **ever** taken prescription medication that was not prescribed for you?”
- 2) “Have you **ever** taken prescription medication in ways that was not prescribed?”
- 3) “Have you **ever** taken prescription medication only for the feeling or experience that they caused?” If “**YES**” to any of these, ask:
 - “Have you done this in the **past 3 months**?”

AND

DRUGS

#2) any “**YES**” is a + screen

#4) any “**YES**” is a + screen

- 1) “Have you **ever** used any drugs such as marijuana, heroin, cocaine, PCP, LSD, methamphetamine, Ecstasy?” If “**YES**”, administer the **ASSIST** or ask:
- 2) “Which have you used in the **past 3 months**?” For each substance, ask:
- 3) “How much are you using per day?” & “When did you last use?”
- 4) “Have you **ever** used any drugs by injection?” If “**YES**”, recommend HIV/HEP testing.

SCREENING

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| TWO-ITEM CONJOINT SCREEN (TICS) | <ol style="list-style-type: none"> 1) "In the last year, have you ever drunk or used drugs more than you meant to?" 2) "Have you felt you wanted or needed to cut down on your drinking or drug use?" <ul style="list-style-type: none"> ➤ May be used as a simple screen for substance-related problems |
| CRAFFT (FOR ADOLESCENTS) | <ol style="list-style-type: none"> 1) "Have you ever ridden in a CAR driven by someone (including yourself) who was 'high' or had been using drugs or alcohol?" 2) "Do you ever use drugs or alcohol to RELAX, feel better about yourself or fit in?" 3) "Do you ever use alcohol or drugs while you are ALONE?" 4) "Do you ever FORGET things you did while using alcohol or drugs?" 5) "Do your FAMILY or FRIENDS ever tell you that you should cut down on your drinking or drug use?" 6) "Have you ever gotten in TROUBLE while you were using drugs or alcohol?" |
| AUDIT (Alcohol Use Disorders Identification Test) | <ul style="list-style-type: none"> ➤ A 10-question screening tool ➤ Can be self-administered or administered by healthcare professional ➤ Takes about 5 minutes ➤ Recommended by WHO and NIAAA <p>www.niaaa.nih.gov/guide</p> <ul style="list-style-type: none"> ➤ Click "Guide" & select English or Spanish version |
| NM ASSIST (NIDA-Modified Alcohol, Smoking, & Substance Involvement Screening Test) | <ul style="list-style-type: none"> ➤ A 7-question screening tool for alcohol, tobacco, and drug use ➤ Adapted from the WHO ASSIST ➤ Need to ask about each substance separately ➤ Can be self-administered or administered by healthcare professional ➤ Printable & online version that can be linked to medical record ➤ Recommended by NIDA <p>www.drugabuse.gov/nidamed</p> |

BRIEF INTERVENTION BASICS & MOTIVATION TECHNIQUES

STAGES OF CHANGE

Precontemplation
Contemplation
Preparation
Action
Maintenance

OARS

Open-Ended Questions
Affirmation
Reflective Listening
Summary Statements

READS

(Principles)

Roll with Resistance
Express Empathy
Avoid Argumentation
Develop Discrepancy
Support Self-efficacy

EFFECTIVE MOTIVATIONAL STYLES

Collaboration – Partnership that honors patient's expertise and perspective

Evocation – Explore patient's perception of their preferences, goals, & values to spark motivation for change

Autonomy – Affirm patient's right and capacity for self direction

