Why screen for alcohol and drug use?

Screening, brief interventions, referral to treatment (SBIRT) for illicit drug and alcohol use at multiple healthcare sites: Comparison at intake and six months 459,599 screened, 22.7% screened positive for a spectrum of use (risky/problematic, abuse/addiction). Majority recommended for a brief intervention (15.9%), smaller % rec. for brief tx (3.2%) or referral to specialty (3.7%).


<table>
<thead>
<tr>
<th></th>
<th>Maximum per week</th>
<th>Maximum per occasion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>14</td>
<td>4</td>
</tr>
<tr>
<td>Women</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>Both &gt;65</td>
<td>7</td>
<td>2</td>
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One Standard Drink:

12 oz. Beer (5% alcohol) = 5 oz. Wine (16–12% alcohol) = 3 oz. Fortified Wine (16–18% alcohol) = 1.5 oz. Liquor (40% alcohol) = 15 oz. overproof liquor is about two standard drinks

Screening:

- [ ] If you have not in the last year ( )
- [ ] If you have had any of the following...
  - [ ] if you have had any of the following...
- [ ] If you have had any of the following...
  - [ ] if you have had any of the following...
  - [ ] if you have had any of the following...
- Screen everyone!
- Reinforce healthy behaviors

<table>
<thead>
<tr>
<th>Positive</th>
<th>Brief Intervention/Referral</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ Dep sx</td>
<td>Refer</td>
</tr>
<tr>
<td>- Dep sx, + Fam hs</td>
<td>Abstain</td>
</tr>
<tr>
<td>- Dep sx, - Fam hs</td>
<td>Cut down, Refuse</td>
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</tbody>
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<table>
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<th>Negative</th>
<th>Brief assessment</th>
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Dep sx = dependence symptoms; Fam hs = family history of alcohol or drug dependence.

**SBIRT Protocol**

- **Screen everyone!**
- **Reinforce healthy behaviors**

- **Brief assessment**
  - Positive
    - + Dep sx
    - - Dep sx, + Fam hs
    - - Dep sx, - Fam hs
  - Negative

- **Brief Intervention/Referral**
  - Refer
  - Abstain
  - Cut down, Refuse

- **Follow-Up**

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**Feedback**

- Summarizing statement about their use
- Ask-Tell-Ask about health effects of use

**Options Explored**

- Collaborative Menu of Options
- Pt generated Action Plan
- Follow-up plan

**Explore Pros & Cons**

- Assess Importance & Confidence
- Assess Readiness to Change & SOC

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**SBIRT Intervention**

- Screen everyone for alcohol and drug use
- Reinforce healthy behaviors

**Brief Assessment**

- Positive: + Dep sx
  - Refer
- Negative: - Dep sx, + Fam hs
  - Abstain
- Negative: - Dep sx, - Fam hs
  - Cut down, Refuse

**Brief Intervention/Referral**

- Refer
- Abstain
- Cut down, Refuse

**Follow-Up**

- Summarizing statement about their use
- Ask-Tell-Ask about health effects of use

- Collaborative Menu of Options
- Pt generated Action Plan
- Follow-up plan

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**Dependence Symptoms**

- 1. Dep sx = dependence symptoms
- 2. Fam hs = family history of alcohol or drug dependence

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**Positive**

- + Dep sx
- - Dep sx, + Fam hs
- - Dep sx, - Fam hs

**Negative**

- No dependent symptoms
- No family history of alcohol or drug dependence