

Screening, Brief Intervention, and Referral to Treatment (SBIRT) Part II: Brief Intervention

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Objectives

- Interpret prescreen and questionnaire results to determine the appropriateness of making a brief intervention
- Explain the four steps of an SBIRT conversation
- Describe how incorporate motivational interviewing during a brief intervention

What is SBIRT?

S

- Screening

B

- Brief

I

- Intervention

R

- Referral to

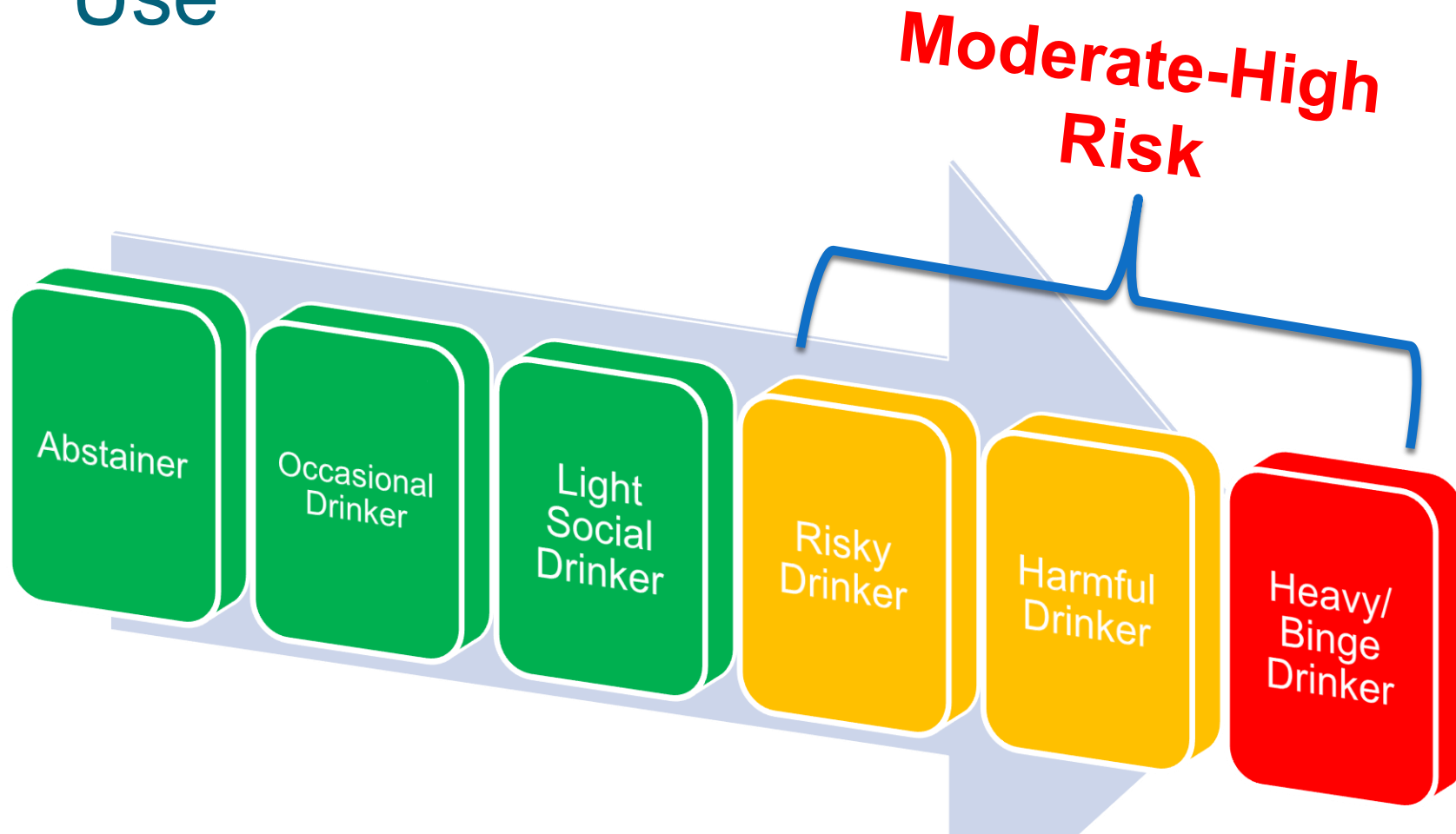
T

- Treatment

SBIRT: Refresher

- Evidence-based model
- Designed to identify risky and harmful drinkers and drug users
- Asks patients about substance use during routine medical visits
- Starts with a prescreen
 - If positive, full screening and appropriate intervention implemented

The Range View of Risk for Alcohol Use



SBIRT targets patients in the “yellow” zone

Reminder: Screening Process

Pre-screen: For Everyone/Universal

- One or two questions to capture patients who will “screen positive” on a full screen

- Time saving measure

- A “positive” pre-screen indicates the need to complete the full screening

Full Screening: After Positive Pre-screen

- The full screening tool informs the professional about the patient’s level of substance use risk

- Indicates appropriate next steps

Adult Pre-Screening Questions

Alcohol

- MEN: How many times in the past 12 months have you had **5** or more drinks in a day?
- WOMEN: How many times in the past 12 months have you had **4** or more drinks in a day?

Drugs

- How many times in the past 12 months have you used an illegal drug or used a prescription drug for nonmedical reasons?

* Positive if any response > 0

Adult Screening

Screening tool	Population for Use
Alcohol Use Disorders Identification Test (AUDIT)	Alcohol only screening Adults > 18 years
Car, Relax Along, Forget, Friends, and Trouble (CRAFFT)	Alcohol only screening Adolescents 14-21 years
Drug Abuse Screening Questionnaire (DAST)	Drug screening Adults > 18 years

Case

- LB is a 45-year old woman who is recently divorced. She doesn't have any children, so most weekends, she goes out with her girlfriends to their favorite bar. While there, LB will usually have two or three mixed drinks. During the weeknights, Lilly will sometimes go out after work as well to try to meet new people since she is lonely. The next day, she sometimes has to come in late to work and regrets drinking too much.

Pre-Assessment Questionnaire

SBIRT INTAKE AND PRE-ASSESSMENT QUESTIONNAIRE

PRESCREENING	Question #1: ALCOHOL USE
	MEN: How many times in the PAST 12 MONTHS have you had 5 or more drinks in a day? _____ (Write # of <u>days</u> of 5 or more drinks)
	WOMEN: How many times in the PAST 12 MONTHS have you had 4 or more drinks in a day? 7 (Write # of <u>days</u> of 4 or more drinks)
	Question #2: SUBSTANCE USE
	How many times in the PAST 12 MONTHS have you used an illegal drug or used a prescription drug for nonmedical reasons? 0 (Write # of times)

Interpreting Prescreen Questionnaire

- Alcohol and Drugs
 - Patients who answer 1 or more should receive full screen
 - Alcohol
 - Alcohol Use Disorders Identification Test (AUDIT)
 - Drug
 - Drug Abuse Screening Questionnaire (DAST)

AUDIT-10

QUESTIONS	0	1	2	3	4	Score
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week	4
2. How many drinks containing alcohol do you have on a typical day you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more	1
3. Women: How often do you have four or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	2
Men: How often do you have five or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
4. How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	1
5. How often during the past year have you failed to do what was expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	1
6. How often during the past year have you needed a drink first thing in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	0
7. How often during the past year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	1
8. How often during the past year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	0
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the past year		Yes, during the past year	0
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking and suggested you cut down?	No		Yes, but not in the past year		Yes, during the past year	0

Total = 10

Scoring the AUDIT-10

- Based on calculating the totals of each column
- Add all of the columns for the total score
- Total score = level of risk for alcohol use

Risk Level	AUDIT Score	Intervention
I	0-7	Alcohol Education
II	8-15	Brief Intervention
III	16-19	Brief intervention; consider referral to treatment
IV	20+	Referral to Treatment

St. John's University SBIRT Pocket Card

ZONE OF USE	I: Low Risk	II: Risky	III: Harmful	IV: Severe
AUDIT Score	0-7	8-15	16-19	20-40
DAST Score	0	1-2	3-5	6+
Explanation of Zone	At low risk for health or social complications	May develop health problems or existing problems may worsen	Has experienced negative effects from substance use	Would likely benefit from more assessment and assistance
Intervention	Positive Reinforcement; Education	Education; Consider Brief Intervention	Brief Intervention; Consider Referral to Treatment; Continue to Monitor	Brief Intervention; Referral to Treatment

Brief Intervention

- Patient-centered discussion using motivational interviewing
- Typically performed in 3-15 minutes during same session as initial screen
- Repeated sessions are more effective
- Goals
 - Raise awareness of individuals substance abuse behaviors
 - Enhance motivation to change
 - Cut back to low-risk drinking levels unless alcohol consumption is contraindicated

Motivational Interviewing

“A directive, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence”



Motivational Interviewing

- Method for facilitating any voluntary health behavior change by patients
- Requires establishment of a relationship that respects and honors the perspective of the patient
- Practitioner creates sense of safety → patient more willing to discuss thoughts about change
- Help patient talk about the motivation for change that already exists within the patient

READS Principles

R

- Roll with resistance

E

- Express empathy

A

- Avoid argumentation

D

- Develop discrepancy

S

- Support self-efficacy

Motivational Interviewing

- Strategies used to help provoke motivation
 - Use open-ended questions
 - Listen closely and reflect back
 - Affirm and support positive aspects
 - Summarize
 - Elicit self-motivational statements that express the patient's positive reasons for change

SBIRT Conversation

Establish Rapport

- Elevator speech
- Ask permission

Thoughts & Feedback

- Discuss results
- Pros/cons
- Determine health education needed

Enhance Motivation

- Readiness ruler
- Build on past successes
- Identify barriers

Negotiate a Plan

- Set goals
- Discuss follow-up as needed

Establish Rapport

- Elevator speech
 - Greeting
 - Explain role on medical team
 - “We ask everyone”
 - Share confidentiality
- Ask permission to ask screening questions

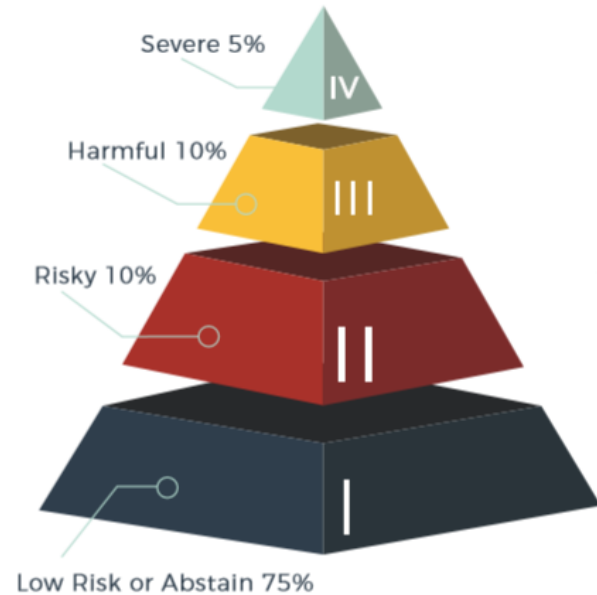
Establish Rapport

- Elevator speech example
 - Hi Mr. Smith, my name is Shannon and I'm a pharmacist. I'm just stopping in while you are waiting for your doctor.
 - We ask all of our patients a couple of questions about drug and alcohol use every time they come into the clinic. It will only take a couple of minutes, is that ok?
 - Everything you tell me is completely confidential and will be shared only with your healthcare team here at the clinic. Do you have any questions or concerns?

Thoughts & Feedback

- Discuss Results
 - Score and range of risk
 - What level of risk means
 - Ask patient thoughts about the score

Risk Level Pyramid
Adapted from World Health Organization



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Thoughts & Feedback

- Discuss results example
 - Mr. Smith, your score is an 18. Would you like to know more about your score? An 18 on this questionnaire suggests that you are in zone III or the **harmful** zone of use. How does this score match with your thoughts?
 - This level of risk is a concern to your healthcare team because it means that you have most likely experienced negative effects related to your alcohol use, which can worsen in the future. How do you feel about this?

Thoughts & Feedback

- Pros/Cons of current use
 - What are the good things for you about _____?
 - What are the no-so-good things for you about _____?
 - What do you know about the way _____ effects your body?
 - What concerns related to your health do you have when you think about the effects?

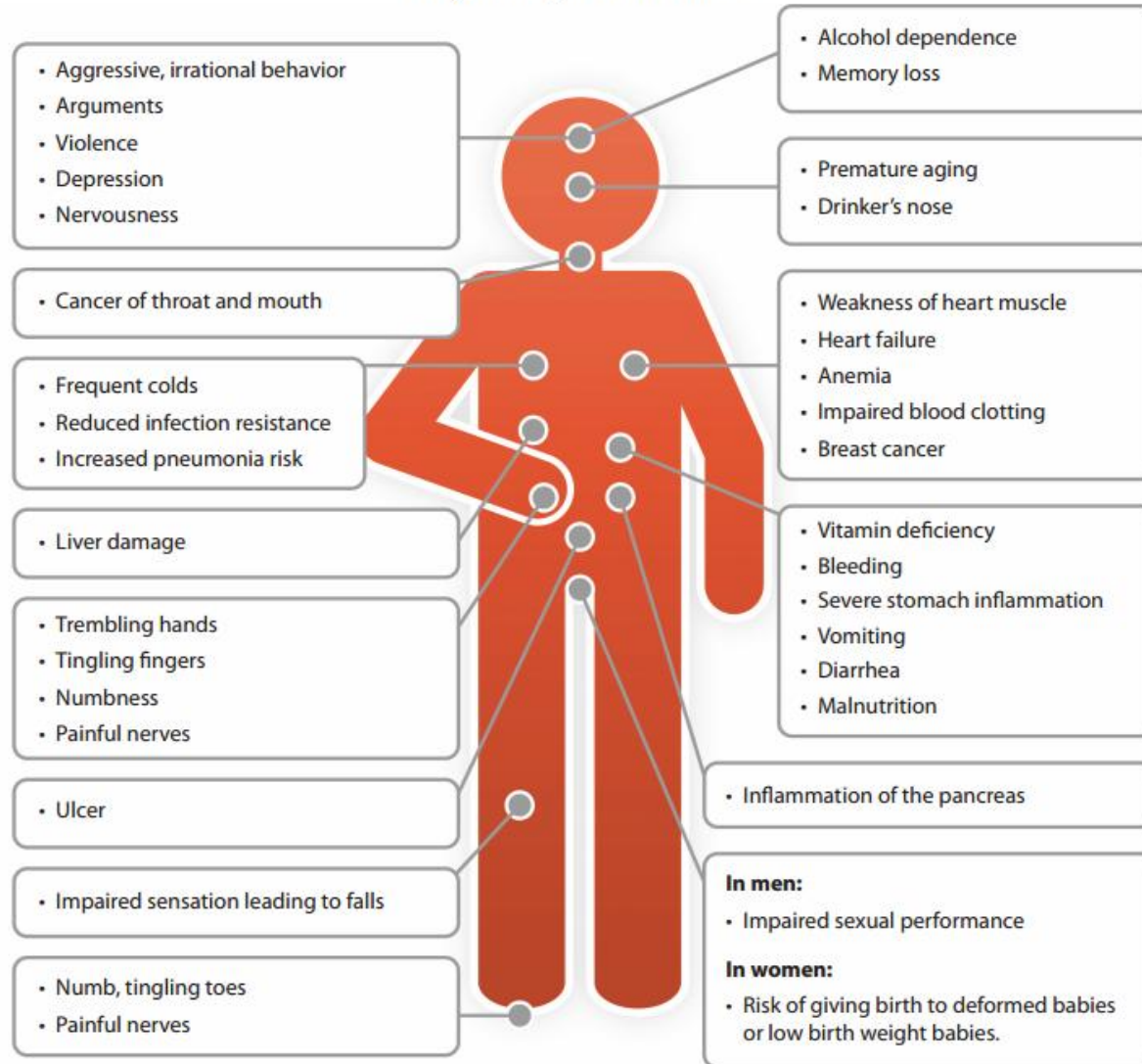


Thoughts & Feedback

- Health education
 - Ask what is already known about the substance
 - “Would it be ok with you to share some information about how _____ can affect your health?”
 - “Any thoughts or concerns? Any particular area that you see that relates to you or your life right now?”

Risky and Harmful Drinking

Physiological Effects:



Enhance Motivation

- Ideas for change
 - “What steps, if any, might you take from here?”

	Pre-contemplation	Contemplation
Definition	Patient is not interested in changing	Patient is aware that a problem exists & is considering actions, but has not yet made a commitment to change
Example conversation	“Is there anything you can think of that might come up or change in the future that would make you want to change?” “Is there a downside to having things stay the same?”	“So it sounds like you are having some problems with alcohol and some negative effects of it and you think that if you changed something, things might improve. Is that right?”

Enhance Motivation

- Patients with past change attempts
 - Frame them in terms of successes rather than failures
 - “What have you tried to change in the past? What was helpful?”
 - Affirm the patient’s attempt to change
 - Build on past successes and explore additional options for change
 - “What would you like to happen now?”
 - “What might you do differently now?”

Negotiate a Plan

- Set Goals
 - What change is reasonable?
 - What are some small steps that can be taken?
 - What do you need to accomplish your goal?
 - Who could offer you support in making this change?
 - Do you see any barriers in making this change? What are they? What can you do to overcome them?
 - Have patient write down goal in own words
 - Summarize
 - End on a positive note
- Discuss follow-up as needed

Goals

Specific

Measurable

Achievable

Relevant

Time-bound

“Since I have been drinking 14 beers a week, I want to reduce it to 11 a week. To do this, I will cut down 1 beer a week over the next 3 weeks.”



Negotiate a
Plan

Summarize

End on a
Positive
Note

Conclusion

- Depending on the score of the screening questionnaires, some patients will require a brief intervention
- Brief interventions are short counseling sessions
- Motivational interviewing techniques are utilized to explore a patient's readiness to change and help patients achieve their individualized goals

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