Some risks of drinking and drug use during pregnancy

**Withdrawal**
(opiates, cocaine, marijuana, amphetamines, alcohol, benzos)

**Fetal alcohol spectrum disorders**
(alcohol)

**Birth defects**
(alcohol, marijuana, cocaine, opiates)

**Low birth weight**
(alcohol, marijuana, cocaine, opiates, meth, tobacco)

**Miscarriage**
(alcohol, cocaine, tobacco)

**Premature birth**
(alcohol, marijuana, cocaine, opiates, meth, tobacco)

**Sudden Infant Death Syndrome**
(tobacco)

**Development and behavior problems**
(alcohol, marijuana, opiates, meth)

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Steps of the brief intervention

**Raise the subject**
- “Thank you for completing this questionnaire - is it ok with you if we review your results?”
- “Can you tell me more about your past/current drinking or drug use? What does a typical week look like?”

**Provide feedback**
- “Sometimes patients who give similar answers on this questionnaire are continuing to use drugs or alcohol during their pregnancy.”
- “I recommend to all my pregnant patients not to use any amount of alcohol or drugs, because of the risks shown on the front of this page.”

**Enhance motivation**
- “What do you like and what are you concerned about when it comes to your substance use?”
- “On a scale of 0-10, how ready are you to avoid drinking/using altogether? Why did you pick that number rather than a ____ (lower number)?”

**Negotiate plan**
- Summarize conversation. Then: “What steps do you think you can take to reach your goal of having a healthy pregnancy and baby?”
- “I hope we can check in about this next time - can we schedule a date?”

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**SAMHSA National Helpline**
24/7 hotline that quickly identifies treatment resources for patients experiencing a substance use disorder: 1-800-662-HELP (4357)

**Risk pyramid for assessment of substance use during pregnancy**

- **HIGH RISK**
  - Current use meets SUD criteria
  - Frequent follow-up visits w/provider

- **MODERATE RISK**
  - High use in past, including recent treatment;
  - Stopped use late in pregnancy;
  - Continued low level of use
  - Brief intervention
  - Motivational interviewing
  - Frequent follow-up visits w/provider

- **LOW RISK**
  - No past or current use;
  - Low level of use stopped prior to or immediately upon known pregnancy
  - Brief advice/reinforcement
  - Written pamphlet

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**Billing codes**

**Screening only**

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**Screening plus brief intervention**

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SUD, substance use disorder.