

# **SUBSTANCE USE SCREENING TOOL QUICK GUIDE**

**UPMC** | **WESTERN  
BEHAVIORAL HEALTH**  
At Safe Harbor

# The 5Ps Prenatal Substance Use Screening for Alcohol and Drugs

**A single “YES” to any of these questions indicates further assessment is needed.**

(NIDA Quick Screen or AUDIT)

Did any of your **Parents** have problems with alcohol or drug use?  No  Yes

Do any of your friends (**Peers**) have problems with alcohol or drugs?  No  Yes

Does your **Partner** have a problem with alcohol or drug use?  No  Yes

Before you were pregnant, did you have problems with alcohol or drug use (**Past**)?  No  Yes

In the past month, did you drink beer, wine or liquor, or use other drugs (**Pregnancy**)?  No  Yes

## Substance Use Screener Follow-Up Questions

Women who answer “YES” to substance use should be assessed for opioid use.

Have you used any opioids, narcotics or pain medications in the last year?

Were they prescribed or unprescribed?

Have you used any other drugs or unprescribed medications in the last year?



*Open the camera on your smart device and hover over the QR code to access this screening tool. The 5Ps was adapted by the Massachusetts Institute for Health and Recovery in 1999 from Dr. Hope Ewing's 4Ps (1990). This version includes guidance from the Louisiana Office of Addictive Behaviors.*

Patients who answer “YES” to unprescribed opioid use during pregnancy or who are prescribed opioids for **longer than one month** during their pregnancy, need to **complete the NIDA Quick Screen** (see next page) and be referred to treatment or medication-assisted treatment (MAT), if indicated.

**Pregnant women who screen positive for any substance during pregnancy should be referred to Substance Use Services — see page 6.**

START HERE if the person is NOT pregnant.

## NIDA Quick Screen

In the past year, how often have you used the following?	Never	Once or Twice	Monthly	Weekly	Daily or Almost Daily
Alcohol • Men — 5 or more drinks a day • Women — 4 or more drinks a day					
Tobacco Products					
Prescription Drugs for Non-Medical Reasons					
Illegal Drugs					

If the patient says **“No” for all drugs** in the Quick Screen, reinforce abstinence. Screening is complete.

If the patient says **“Yes” to one or more days of heavy drinking**, patient is an at-risk drinker. Staff will complete AUDIT-C, (see next page and follow prompts).

If the patient says **“Yes” to use of illegal drugs or prescription drugs for non-medical reasons**, proceed with NIDA screening.

If the patient says **“Yes” to tobacco use** — any current tobacco use places a patient at risk, advise all tobacco users to quit and provide resources.



*Open the camera on your smart device and hover over the QR code to access this screening tool.*

*The NIDA Quick Screen was adapted from the single-question screen for drug use in primary care by Saitz et al. and the National Institute on Alcohol Abuse and Alcoholism’s screening question on heavy drinking days.*

# Alcohol Use Disorder Identification Test Consumption (AUDIT-C)

How often do you have a drink containing alcohol?					SCORE
Never 0	Monthly or less 1	Two to four times a month 2	Two to three times per week 3	Four or more times a week 4	_____
How many drinks containing alcohol do you have on a typical day when you are drinking?					SCORE
Never 0	Three or four 1	Five or six 2	Seven to nine 3	Ten or more 4	_____
How often do you have six or more drinks on one occasion?					SCORE
Never 0	Less than monthly 1	Monthly 2	Two to three times per week 3	Four or more times a week 4	_____
					<b>TOTAL SCORE</b> _____

**Men:** Total score of 4 or higher indicates positive score for alcohol misuse.

**Women:** Total score of 3 or higher indicates positive score for alcohol misuse.

**Positive score is recommended to complete full audit.**

Generally, the higher the AUDIT-C score, the more likely the patient's drinking is affecting the individual's health and safety.



Open the camera on your smart device and hover over the QR code to access this screening tool.

World Health Organization. (1982). *The Alcohol Use Disorders Identification Test*.

# Brief Interview

## COMPONENTS OF BRIEF INTERVIEW (MODIFIED)

### Raise Subject:

“Thank you for taking the time to answer my questions today. Is it OK with you that we talk about your answers?”

---

“Can you help me understand the connection (if any) you see between your current substance use and **(identified condition)**?”

---

“People use drugs for many reasons. What do you like the least/most about using \_\_\_\_\_?”

---

### Provide Feedback:

“Sometimes individuals who provide similar answers who continue to use drugs or alcohol would benefit from further assessments or even treatment.”

---

“I recommend that all my pregnant patients stop using any alcohol or drugs. There is too much at risk for you and your baby. ”

---

“I have some information for you on substance use disorders. Would you mind if I share this information with you?”

---

### Enhance Motivation:

“Do you have any concerns about what we just reviewed?”

---

“Do you have any concerns regarding your current substance use?”

---

“On a scale of 0-10, how ready are you to stop drinking/using all together?”

---

“Why that number and not \_\_\_\_\_ (lower number)?”

---

### Negotiate Plan:

Summarize concertation. Then: “What steps do you think you can do to reach your goal to reduce your alcohol use? What are you willing to do right now?”

---

“I have included some additional information for you that patients find helpful to achieve their goals.”

---

***Please see next page for referral information.***

***Adapted from: Wright. SBIRT in pregnancy. AM J Obstet Gynecol 2016.***

# Resources

Open the camera on your smart device and hover over the QR codes to access these screening tools.

## 5Ps – Screening Tool



## NIDA Quick Screen



## AUDIT-C



## For Additional Information:

### Addiction Medicine Services (Erie)

814-459-9300

### Crisis Services

814-456-2014 or  
1-800-300-9558 or 988

*Available 24 hours a day,  
7 days a week*

### Erie County Office of Drug and Alcohol Abuse

240 West 11th St., Suite B-050  
Erie, PA 16501  
814-451-6877

**UPMC** | **WESTERN  
BEHAVIORAL HEALTH**

At Safe Harbor

*This project is funded, in part, by the Erie County Opioid Settlement Funds.*