

# St. Peter Family Medicine SBIRT Workflow



# WORKFLOW: ANNUAL PRESCREEN

## Step 1) Front Desk Staff:

Patients 18+ receive prescreen questionnaire at check-in for regular PCP visits or Rapid Access Clinic

## Step 2) Medical Assistant:

Review annual pre-screen and look for any positive responses

### Annual questionnaire

Once a year, all our patients are asked to complete this form because drug use, alcohol use, and mood can affect your health as well as medications you may take. Please help us provide you with the best medical care by answering the questions below.

Patient name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Are you currently in recovery for alcohol or substance use?  Yes  No

Alcohol: One drink =  12 oz. beer  5 oz. wine  1.5 oz. liquor (one shot)

	None	1 or more
MEN: How many times in the past year have you had 5 or more drinks in a day?	<input type="radio"/>	<input type="radio"/>
WOMEN: How many times in the past year have you had 4 or more drinks in a day?	<input type="radio"/>	<input type="radio"/>

**Drugs:** Recreational drugs include methamphetamines (speed, crystal) cannabis (marijuana, pot), inhalants (paint thinner, aerosol, glue), tranquilizers (Valium), barbiturates, cocaine, ecstasy, hallucinogens (LSD, mushrooms), or narcotics (heroin).

	None	1 or more
How many times in the past year have you used a recreational drug or used a prescription medication for nonmedical reasons?	<input type="radio"/>	<input type="radio"/>

Mood:	No	Yes
During the past two weeks, have you been bothered by little interest or pleasure in doing things?	<input type="radio"/>	<input type="radio"/>
During the past two weeks, have you been bothered by feeling down, depressed, or hopeless?	<input type="radio"/>	<input type="radio"/>

# WORKFLOW: FULL SCREEN

## Full Screen

- Provided to patients who screen positive on the universal screen
  - Positive Prescreen = patient endorses alcohol question #1 *and/or* drug question #2
- Drug and Alcohol Screening Questionnaires
  - AUDIT
  - DAST
- Mental Health Screens
  - PHQ-9
  - GAD-7

# DEPRESSION SCREEN: PHQ-9

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all sure	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed or hopeless	0	1	2	3
3. Trouble falling or staying asleep or sleeping too much	0	1	2	3
4. Feeling tired of having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself-or that you are a failure or have let yourself or family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite, being too fidgety or restless that you have been moving around a lot more	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3
<b>Add the score for each column</b>			+	+
<b>Total Score (add your column scores) =</b>				

# ANXIETY SCREEN: GAD-7

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all sure	Several days	Over half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it's hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3
<b>Add the score for each column</b>			+	+
<b>Total Score (add your column scores) =</b>				

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all \_\_\_\_\_

Somewhat difficult \_\_\_\_\_

Very difficult \_\_\_\_\_

Extremely difficult \_\_\_\_\_

# WORKFLOW: FULL SCREEN

**Step 3) Medical Assistant: review annual pre-screen – administer full screen as indicated**

## **Positive response to the alcohol question (#1)**

- Ask patient to complete the AUDIT
- Score AUDIT
  - Positive:
    - Women with scores of 7+
    - Men with scores of 8+
- Instruct patient to complete the mental health screens
- BI Indicated - notify PCP/BHS

## **Positive response to the drug question (#2)**

- BI Indicated – notify PCP/BHS
- Patient completes full screen
  - DAST, PHQ-9, GAD-7

## **Positive response to both questions (#1&2)**

- BI Indicated – notify PCP/BHS
- Patient completes full screen
  - AUDIT, DAST, PHQ-9, GAD-7

# WORKFLOW: BI INDICATED

## Step 4) Medical Assistant: Brief Intervention Indicated

### ■ Inform Provider

- Verbally when possible
- Green door card

### ■ Determine details of BI

- Who? (PCP or BHS)
  - Notify BHS if needed
- When?
  - MA and BHS determine optimal timing (before or After provider visit)

### ■ Enter all results in electronic medical record

# WORKFLOW: BRIEF INTERVENTION

**PCP and/or BHS:**

**Step 5) Provide brief intervention**



**Step 6) Referral to Treatment (as indicated)**

**Step 7) Follow-up**

## **Raise The Subject**

Establish rapport  
Raise the subject

## **Provide Feedback**

Provide screening results  
Relate to norms  
Get their reaction

## **Enhance Motivation**

Assess readiness  
Develop discrepancy  
Dig for Change

## **Negotiate and Advise**

Menu of Options  
Offer Advice



# WORKFLOW: BI NOT INDICATED

## Negative Full Screen

### Medical Assistant:

- Inform provider of screening results
- Enter all results in electronic medical record

### Primary Care Provider:

- Provide reinforcing feedback and health information

*“Thanks for filling out the alcohol questionnaire.*

*Your answers indicate you are at low-risk for developing any health conditions related to your use of alcohol.*

*And by low risk we mean...”*

# PROVIDER OPTIONS:

## Opt-In

- BHS explains the purpose of their visit, AND give patient the choice to either decline or participate in a brief conversation about their substance use

## Opt-Out

- Provider is consulted and performs warm hand-off prior to BHS entering the room

\*Assume opt-in, unless provider communicates desire to opt-out

# NORMALIZE THE PROCESS

- Normalizing the process is everyone's role

## Consistent Messages:

- Screening for risky levels of substance use and providing brief interventions is part of how we provide health care
  - No different than any other health measure
- BHS communicates with PCP (verbally/EMR) about the follow-up plan and behavior changes
- PCP reinforces the plan
- Opportunity to provide patient education and make connections with substance use and health issues