

Fetal alcohol spectrum disorders

(alcohol)

Birth defects

(alcohol, marijuana, cocaine, opiates)

Low birth weight

(alcohol, marijuana, cocaine, opiates, meth)

Miscarriage

(alcohol, cocaine)

Premature birth

(alcohol, marijuana, cocaine, opiates, meth)

Development and behavior problems

(alcohol, marijuana, opiates, meth)



Raise 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 are continuing to use drugs or alcohol during their pregnancy.”
- “I recommend all my pregnant patients not to use any alcohol or drugs, because of the risks shown on the front of this card.”

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 that number and not 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?”
- “Can we schedule a date to check in about this next time?”

Oregon alcohol & drug referral
helpline: 800-923-4357



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