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# “TWEAK” and “4P”

to ensure healthy pregnancies and babies

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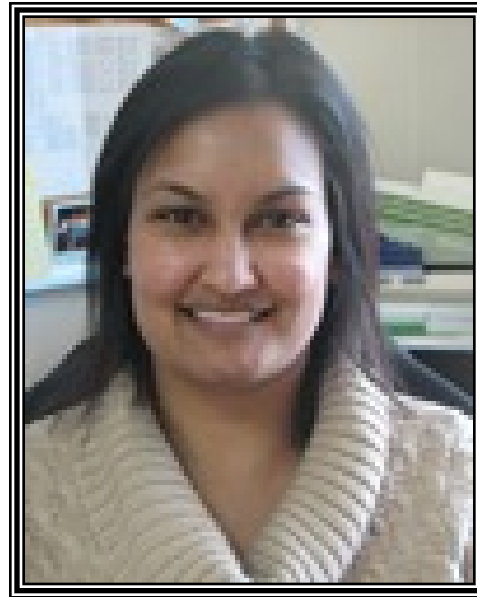
An overview of substance use disorder  
screening tools

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# Welcome & Introductions

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# Objectives

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**By the end of this presentation you will be able to:**

- ✓ Describe the components of the SBIRT model and its importance
- ✓ Understand how to use the “TWEAK” and “4P’s” screening tools that are used to identify substance use among pregnant women
- ✓ Describe brief intervention and the importance of motivational interviewing techniques to encourage change



# What is SBIRT?



**S = Screening → BI = Brief Intervention → RT = Referral to Treatment**

- A public health approach to reduce alcohol and other drug-related problems
- An opportunity for discussion and education about the potential health and safety risks posed by alcohol and drug use
- A routine and universal process that is incorporated into a patient's primary care plan
- A comprehensive program that includes a transition between brief screening, brief intervention or brief treatment, and referral to specialty substance abuse care

# Why is SBIRT important among the pregnant population?

- Helps to identify alcohol and drug use during pregnancy<sup>1</sup>
- Helps to reduce possible neonatal implications<sup>2,3</sup>
- Helps to improve provider/patient relationship

<sup>1</sup> <http://www.samhsa.gov/data/sites/default/files/NSDUHresultsPDFHTML2013/Web/NSDUHresults2013.pdf>

<sup>2</sup> <http://www.uptodate.com/contents/neonatal-abstinence-syndrome>

<sup>3</sup> [http://fasdcenter.samhsa.gov/documents/WYNK\\_Numbers.pdf](http://fasdcenter.samhsa.gov/documents/WYNK_Numbers.pdf)



# What's the S in SBIRT?

**SCREENING** is the act of asking all patients a series of questions to identify risky behaviors and substance misuse

- Promotes healthy behavior
- For alcohol AND drug use
- Use of an evidence-based tool
- For the chosen population

"...I always wished I could have been able to say something to my doctor because I was seeing a doctor. Because I maybe could've gotten help and didn't have to reach that point of feeling the way I felt. But I was too scared."



# Screening Tools

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- Use validated screening tools to identify risky alcohol and drug use for the specific population of interest
- Specific tools for pregnant women: TWEAK (alcohol) and 4P's (drugs), T-ACE (alcohol)
- Other tools include the CAGE (alcohol) and DAST (drugs) and many others

# 4P's

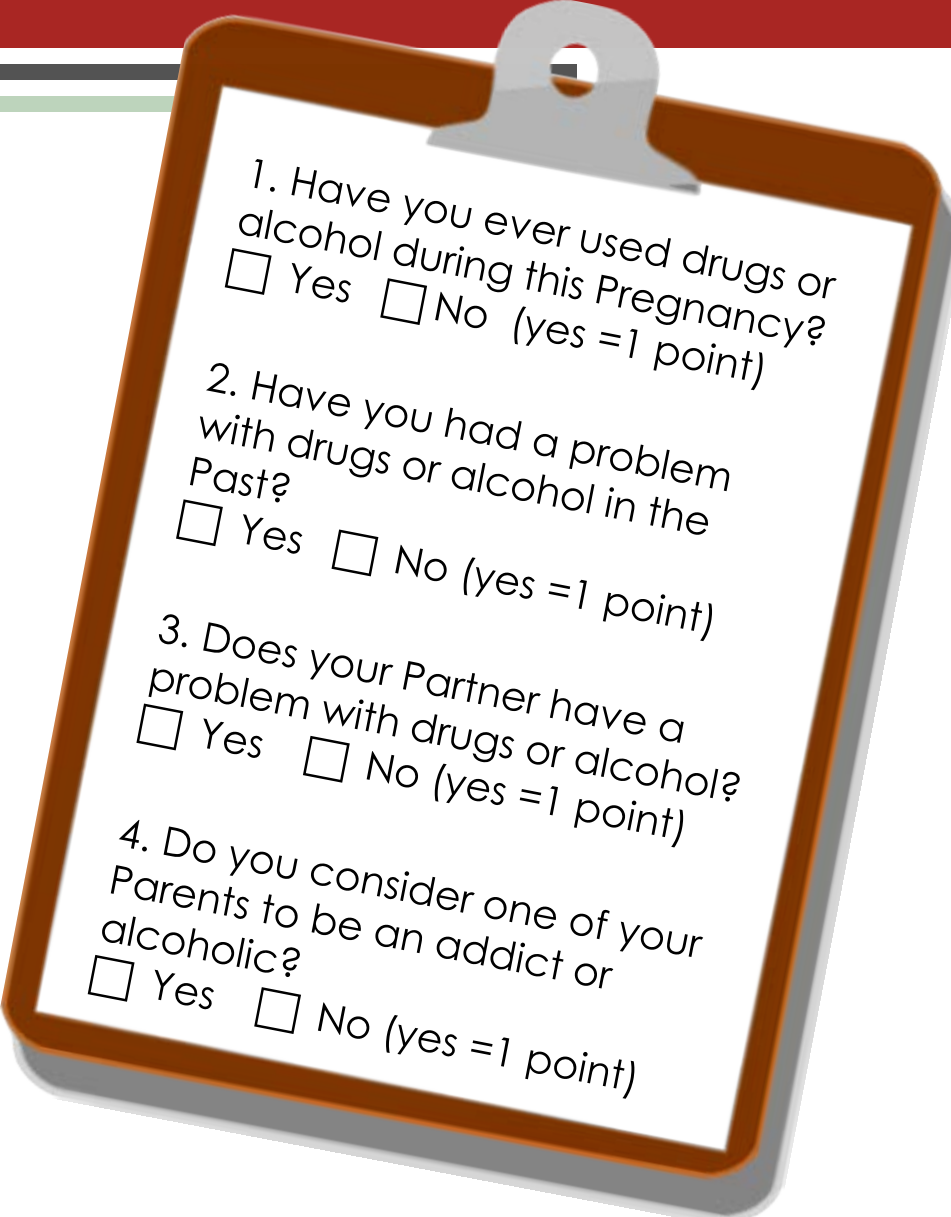
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## Tool: 4P's (Parents, Partners, Past and Pregnancy)

- Population: Pregnant women and women of child bearing age
- Focus: Recent and past drug and alcohol use
- Source: Public Domain
- Number of Questions: 4
- Administration Time: 2 min
- Scoring Time: < 1 min



# 4P's Screening Questions



1. Have you ever used drugs or alcohol during this Pregnancy?  
 Yes  No (yes =1 point)

2. Have you had a problem with drugs or alcohol in the Past?  
 Yes  No (yes =1 point)

3. Does your Partner have a problem with drugs or alcohol?  
 Yes  No (yes =1 point)

4. Do you consider one of your Parents to be an addict or alcoholic?  
 Yes  No (yes =1 point)

# TWEAK

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## Tool: TWEAK (Tolerance, Worry, Eye Opener, Amnesia, Cut Down)

- Population: Pregnant women
- Focus: Alcohol use
- Source: Public Domain
- Number of Questions: 5
- Administration Time: 2 min
- Scoring Time: 1 min

# TWEAK Screening Questions



1. How many drinks does it take to make you feel high?  
(5 or more drinks = 2 points)
2. Have close friends or relatives worried or complained about your drinking in the past year?  
(yes = 2 points)
3. Do you sometimes take a drink in the morning when you first get up?  
(yes = 1 point)
4. Has a friend or family member ever told you about things you said or did while you were drinking that you could not remember?  
(yes = 1 point)
5. Do you sometimes feel the need to cut down on your drinking?  
(yes = 1 point)

# What's the **BI** in SBIRT?

A **BRIEF INTERVENTION** is any time-limited effort (5-10 minutes) offered to patients who screen positive for substance misuse.

- Assesses the problem further
- Provides information or advice, determines motivation to avoid substance use, and assists to avoid use through behavior change skills
- Reinforces no use or non-risky alcohol use
- Encourages reduction of harmful use
- Facilitates access to specialty care

“Something that I liked was that my primary care was really open to me and able to identify with me on past stuff. It just made me so much more comfortable around her. Obviously not everyone is going to be able to do that, but it made her a lot more understanding of my situation. That worked.”



# Brief Negotiated Interview Steps

## Step 1. Raise Subject

## Step 2. Provide Feedback

- ✓ Review screen
- ✓ Make connection
- ✓ Share guidelines and norms

## Step 3. Enhance Motivation

- ✓ Readiness to change
- ✓ Develop discrepancy
- ✓ Discuss pros and cons

## Step 4. Negotiate & Advise

- ✓ Negotiate goal
- ✓ Give advice
- ✓ Summarize
- ✓ Provide information and establish next steps



# What's the **RT** in **SBIRT**?

**REFERRAL TO TREATMENT** involves recommending next steps for brief therapy or additional specialty substance abuse treatment and arranging appropriate follow-up and support based on identified substance use information

- Active Referral
- Warm Handoff
- Scheduled Follow Up
- Continuous Disease Management



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Questions?



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# Thank You!

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