



## 2.7.8 SUBSTANCE ABUSE SCREENING

### POLICY:

As many family planning clients have no other health care providers, all family planning clinical staff (providers of client care) should be trained to offer all family planning and related preventive health screening services so that they can provide optimal care to clients.

[Checklists for Family planning and related preventive health services \(rhntc.org\)](#)

The medical history should provide an opportunity to screen for substance use/misuse behaviors. Providers should screen for substance use in accordance with the USPSTF recommendation and provide behavioral counseling if needed.

[Summary of screening, brief intervention, and referral to treatment \(SBIRT\) tools \(rhntc.org\)](#)

Screening for tobacco, alcohol and other drug provides the potential to reduce use and/or address behaviors.

### PROCEDURE:

The following screenings should be completed on all initial clinic visits and assessed yearly and as appropriate for all family planning clients.

The use of **SBIRT (Screening, Brief Intervention Referral to Treatment)** allows clinical staff to address behaviors or lifestyle risk, have meaningful conversations regarding client risks and provide resources for client use.

### Tobacco counseling (AAR)

**Ask:** if client uses tobacco (all types) and document their tobacco use

**Advise:** Ask if they are willing to try to quit at this time.

**Refer:** Provide information from ND quits, other state tobacco cessation programs, PCP or agency provider for medication/counseling.

- Document above information in client chart.
- Document if client refuses to answer question, quit tobacco use and/or refuses for referral.

[NDQuits | Department of Health](#)

[Cessation Information for Health Care Providers | Health and Human Services North Dakota](#)

### Alcohol Use Counseling

- Ask about alcohol use, including number of drinks daily and binge drinking risks.
- Discuss drinking pattern risks, address desire to reduce risk or drinking.
- Discuss ways to reduce risk and area resources for alcohol use counseling.



Document the above information in the client chart and document refusal to quit and/or refusal for referral.

CDC FAQ

[Alcohol Questions and Answers | CDC](#)

U.S. Preventive Services Task Force

[Final Recommendation Statement: Unhealthy Alcohol Use in Adolescents and Adults: Screening and Behavioral Counseling Interventions | United States Preventive Services Taskforce \(uspreventiveservicestaskforce.org\)](#)

National Institute on Drug Abuse

[Screening and Assessment Tools Chart | National Institute on Drug Abuse \(NIDA\)](#)

**Other Drug Use:** Illicit drug use and prescription drug abuse/misuse present a variety of public health consequences that may be seen in a family planning program, from increased sexual risk-taking activity, distracted driving, overdose risks to HIV/HCV risks with injection drug use. All clients should be screened for illicit and prescription drug use/misuse following the above counseling points for alcohol use counseling.

Common prescription drugs that are abused/misused may include pain medications, stimulants (ADHD medications), depressants (sedatives or sleeping medications), cough and cold medicines and Imodium. Abuse of loperamide (Imodium) is used for opioid type high or decrease opioid withdrawal symptoms.

National Institute on Drug Abuse Commonly Abused Prescription Drugs  
[rx\\_drugs\\_placemat\\_508c\\_10052011.pdf \(drugabuse.gov\)](#)

Web MD Commonly Abused Prescription and OTC Drugs

[11 Commonly Abused OTC and Prescription Drugs \(webmd.com\)](#)

## **RESOURCES:**

ND FPP Policy: 2.7.1 Comprehensive Health History

ND FPP Protocol: HM 11 Abuse, Violence and/or Intimate Partner Violence

ND FPP HM 12 Nicotine/Tobacco Use and/or Dependence

ND FPP HM-13 Substance Abuse Disorders

RHNTC Title X Requirements Training Packages

[Search | Reproductive Health National Training Center \(rhntc.org\)](#)

National Institute on Drug Abuse

[Screening and Assessment Tools Chart | National Institute on Drug Abuse \(NIDA\)](#)

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