



UNC SON **ECHO** for MOUD

Addiction and Behavioral Clinic for Medication for Opioid Use Disorder Treatment

SBIRT: Brief Intervention

Screening, Brief Treatment and Referral to Treatment

Leslie Sharpe, DNP, FNP-BC

Primary Care Hub Member

Thanks to Victoria Soltis-Jarrett

UNC SON ECHO for MOUD is made possible by funding from the Health Resources & Services Administration (HRSA) Grant numbers: T94HP30882 (2017-2027) and T14HP33207 (2019-2024)



UNC
SCHOOL OF NURSING



University of North Carolina
at Chapel Hill
School of Nursing

Disclosures

NONE

Objectives

1. Define SBIRT for a primary care setting
2. Describe evidence-based brief intervention in the primary care setting

Screening is positive...What next?

- **Further assessment**
 - AUDIT, DAST, CRAFFT, TAPS
 - Assessment by provider for potential/provisional diagnoses
 - Assessment of severity
 - Assessment of risk for harm (to self or others)

Brief intervention

- Time-limited, patient-centered strategy that focuses on changing a patient's behavior by increasing insight and awareness regarding substance use.
- Designed to motivate patients to change their behavior and prevent the progression of substance use.

During the brief intervention, patients are:

- Given information about their substance use based on their risk assessment scores.
- Advised in clear, respectful terms to decrease or abstain from substance use.
- Encouraged to set goals to decrease substance use and to identify specific steps to reach those goals.
- Taught behavior change skills that will reduce substance use and limit negative consequences.
- Provided with a referral for further care, if needed.

How do we do this in primary care?

- Listen, be respectful, ask permission to discuss positive screen
- Encourage patient to think about the pros and cons of use
- Provide information and feedback—link to current health issues
- Assess willingness to change
- Identify goals for change
- Keep it simple
- 5 As: Ask, Advise, Assess, Assist, Arrange

More to come...

Motivational interviewing

Brief negotiated interview

Examples of how to incorporate brief intervention

Referral to treatment