Hi, I’m __________, nice to meet you. If it’s okay with you, I’d like to ask you a few questions that will help me give you better care. The questions relate to your experience with alcohol, tobacco, and other drugs. Some of the substances we’ll talk about are prescribed by a provider (like pain medications) others may be not be prescribed but you may be taking them to help relieve various physical or emotional symptoms. This will help me to better understand & treat ALL of you.

**In the past year, how often have you used the following?**

<table>
<thead>
<tr>
<th><strong>TOBACCO</strong></th>
<th><strong>ALCOHOL</strong></th>
<th><strong>DRUGS</strong></th>
</tr>
</thead>
</table>
| Any tobacco products | For men, 5+ drinks / day  
For women, 4+ drinks / day | Prescription drugs taken in greater amounts/more often than prescribed (opiates, stimulants, benzos, etc.) & Illegal Drugs (heroin, cocaine, street purchased marijuana, etc.) |

| Never  
Once or Twice  
Monthly  
Weekly  
Daily or Almost Daily | Never  
Once or Twice  
Monthly  
Weekly  
Daily or Almost Daily | Never  
Once or Twice  
Monthly  
Weekly  
Daily or Almost Daily |

**Nurse Response**

- **If the individual responds NEVER**  
  → Reinforce abstinence
- **If the individual gives ANY other response**  
  → Screening places individual at risk. Offer resources, hotlines, and local treatment options.

Adapted from the NIDA Quick Screen V1.0 available at https://www.drugabuse.gov/sites/default/files/pdf/nmassist.pdf

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Screening, Brief Intervention & Referral to Treatment

Pocket Card for Nurses

Substance use disorders place people at high risk for health issues. Use this pocket card to guide you through a quick substance use screening for your patients and offer resources for referrals, if needed. The goal of screening is not necessarily to change behavior, but rather to raise awareness and plant the seeds for change.

American Psychiatric Nurses Association Resources

Tobacco: www.apna.org/Tobacco

Substance Use: www.apna.org/Substance-Use

Opioid Use Disorder: www.apna.org/Opioid-Use-Disorders

Enter information for referrals and services here:

_________________________
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Local Resources

National Resources for Patients

Alcoholics Anonymous: aa.org
Narcotics Anonymous: na.org
SMART Recovery: www.smartrecovery.org
Tobacco: 800-QUIT-NOW smokefree.gov
SAMHSA Helpline: 1-800-662-HELP (4357) www.samhsa.gov/find-help national-helpline
Suicide Prevention Lifeline: 1-800-273-8255 suicidepreventionlifeline.org
Veteran’s Crisis Line: 1-800-273-8255 *1 www.veteranscrisisline.net

Local Resources

Enter information for referrals and services here:

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