

SBIRT Conducted by a Social Worker - Demonstration Video Transcript
Patient (Olivia) at Risk for Alcohol-Exposed Pregnancy

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00:00:04,160 --> 00:00:10,560

Olivia, an otherwise healthy 29-year-old female, has been hospitalized due to a severe kidney infection.

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00:00:10,880 --> 00:00:22,880

Her responses to the screening have prompted some concern from a social worker who feels that Olivia's drinking, combined with unprotected sex, may be putting her at risk for a substance-exposed pregnancy.

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00:00:28,280 --> 00:00:28,720

Olivia.

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00:00:28,880 --> 00:00:29,200

Hi.

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00:00:29,520 --> 00:00:30,000

Hi.

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00:00:30,320 --> 00:00:31,600

My name is Leslie.

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00:00:32,000 --> 00:00:33,720

I am a social worker here.

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00:00:33,720 --> 00:00:37,439

I'm part of your care team that's taking care of you while you're here in the hospital.

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00:00:38,159 --> 00:00:43,519

I am here to follow up with you on a screener that you completed on your alcohol use.

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00:00:44,119 --> 00:00:56,159

If it's OK with you, I'd like to take a few minutes to talk with you about your alcohol use and how that fits in your life and share some information that we'd like to share with all of our patients around this.

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00:00:58,239 --> 00:01:04,959

It's really important for you to know, Olivia, that I am not here to tell you what to do or to ask you to make any changes.

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00:01:05,358 --> 00:01:09,999

Any changes you want to make to your alcohol use or any other behavior is completely up to you.

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00:01:11,679 --> 00:01:22,079

So looking at your responses to the screener, it looks like that you drink alcohol around, on average, four or so times during the week.

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00:01:22,719 --> 00:01:26,719

And on those days that you drink alcohol, you're drinking maybe three or four drinks.

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00:01:26,999 --> 00:01:27,319

Give or take.

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00:01:27,319 --> 00:01:28,239

That sounds about right.

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00:01:28,799 --> 00:01:29,359

All right.

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00:01:29,599 --> 00:01:37,439

So we'd like to share this information with women who are of childbearing age, like yourself, that are drinking alcohol.

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00:01:37,999 --> 00:01:43,758

We'd like to be sure to talk about this thing called fetal alcohol spectrum disorders.

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00:01:44,638 --> 00:01:49,277

Have you heard of that or what may you know about FASDs?

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00:01:49,598 --> 00:01:50,398

I've heard of them.

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00:01:51,598 --> 00:02:01,438

I know that there are some conditions that can happen to the baby if the, if there's, you know, they're drinking, if the mom's drinking during pregnancy.

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00:02:02,798 --> 00:02:13,198

I've heard you can still maybe have a glass of wine or a drink here or there, but typically just not drinking if you're thinking about getting pregnant or if you are pregnant.

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00:02:13,678 --> 00:02:19,598

So you have definitely gotten the message that drinking alcohol during pregnancy is not the best thing.

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00:02:21,118 --> 00:02:36,158

Many people have heard that maybe having a drink or two during pregnancy would be okay, but honestly, we have stepped back from that, and we are now making the recommendation that there is no safe level of drinking alcohol during pregnancy.

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00:02:37,838 --> 00:02:50,478

We know that when women drink during pregnancy, it can create the spectrum of disorders, FASD, that include learning and developmental disabilities, and that can sometimes happen with even just a little bit of alcohol use.

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00:02:51,237 --> 00:03:00,637

And then, of course, moving up the spectrum, there are some very severe disabilities that can occur to the baby that are lifelong and are not curable.

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00:03:01,677 --> 00:03:14,957

We really like to talk to women who are of childbearing years about this because we understand that nearly 50% of pregnancies are unplanned.

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00:03:15,597 --> 00:03:30,477

And so for those women who would make the decision to not drink alcohol when they became pregnant often don't have that opportunity because they don't know that they're pregnant until well within maybe the the second month of pregnancy or even further.

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00:03:32,077 --> 00:03:36,557

So that is one of the reasons it's really important to talk about these things.

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00:03:36,877 --> 00:03:39,517

What stands out for you about this?

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00:03:40,156 --> 00:03:44,677

It's definitely a lot more severe than than I thought about

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00:03:47,357 --> 00:03:54,477

I know the risks overall, but it's not something that I think about consistently.

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00:03:56,557 --> 00:04:00,556

There's a lot more information to it that I'm not really aware of.

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00:04:01,676 --> 00:04:03,196

It has really gotten your attention.

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00:04:03,196 --> 00:04:03,436

Yeah.

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00:04:03,756 --> 00:04:08,356

It's scary to think about what might happen if you are drinking and become pregnant.

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00:04:09,676 --> 00:04:14,316

What would you consider is your risk of having a substance-exposed pregnancy?

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00:04:15,516 --> 00:04:16,315

There's risk.

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00:04:17,916 --> 00:04:20,076

I'm not currently on birth control.

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00:04:20,956 --> 00:04:22,876

My partner and I don't really use condoms.

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00:04:25,516 --> 00:04:28,276

Pregnancy is just, it wouldn't be bad.

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00:04:28,276 --> 00:04:30,716

It's just not something that we really think about.

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00:04:31,516 --> 00:04:37,036

So you are not necessarily looking to get pregnant, but would it would be okay if you did?

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00:04:37,356 --> 00:04:37,516

Yeah.

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00:04:38,636 --> 00:04:42,556

You are very concerned about making sure you don't have a substance exposed pregnancy.

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00:04:43,116 --> 00:04:49,516

So, of course, in order to avoid a substance-exposed pregnancy, we talk about there are two different things that you can do.

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00:04:49,596 --> 00:04:55,196

One, of course, is to use effective birth control to do what you can to make sure that you don't get pregnant.

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00:04:55,676 --> 00:05:07,836

And on the flip side, one of the ways, of course, is to reduce or quit drinking in order to avoid substance-exposed pregnancy.

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00:05:08,715 --> 00:05:11,915

It sounds as though reducing

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00:05:12,315 --> 00:05:19,515

alcohol might be the better alternative for you as far as considering how you might avoid substance exposed pregnancy.

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00:05:19,675 --> 00:05:31,755

Yeah, I don't really at this point think about getting back on any sort of contraception, but I could definitely think about reducing my alcohol.

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00:05:31,835 --> 00:05:34,715

That's something I've thought about doing for a little while now.

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00:05:36,155 --> 00:05:38,955

So let's take a few minutes and talk about that.

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00:05:39,075 --> 00:05:40,555

What might be

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00:05:41,355 --> 00:05:44,475

What are some of the good things about drinking?

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00:05:44,515 --> 00:05:46,475

What are some of the things you enjoy about drinking?

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00:05:48,355 --> 00:05:48,875

It's fun.

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00:05:50,235 --> 00:05:54,235

I manage a steakhouse and there's a bar right next to us.

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00:05:54,235 --> 00:05:55,675

I spend a lot of time there.

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00:05:55,675 --> 00:05:58,875

Most of my coworkers are at the bar if they're not working.

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00:05:59,275 --> 00:06:04,955

If I'm not working, I'm either there having dinner and drinks with some friends or we'll go next door.

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00:06:06,955 --> 00:06:10,795

It's the easiest way to de-stress after a shift.

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00:06:12,075 --> 00:06:15,915

And I think everything, anytime we go out now, there's usually drinks involved.

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00:06:17,834 --> 00:06:19,914

It's just kind of how we all get together now.

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00:06:20,954 --> 00:06:29,194

So alcohol is actually just kind of at the centerpiece of all your social interactions and the way that you have fun with others and make connections with others.

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00:06:29,194 --> 00:06:31,434

It's just kind of at the core of that.

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00:06:31,514 --> 00:06:31,834

Yeah.

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00:06:32,714 --> 00:06:36,114

But you've been thinking that you you may want to cut down a little bit.

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00:06:36,114 --> 00:06:36,794

What might

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00:06:36,793 --> 00:06:40,313

be some of the not so good things about your alcohol use?

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00:06:41,273 --> 00:06:49,353

Definitely getting harder to to rebound after being out or the hangovers lasting a little too long.

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00:06:51,113 --> 00:06:54,393

I'm starting to feel a little bit more rundown myself just in general.

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00:06:55,353 --> 00:06:57,273

I know the alcohol contributes.

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00:06:58,633 --> 00:07:02,873

So like I said, I've already kind of started thinking about at least slowing down.

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00:07:03,913 --> 00:07:08,753

So you are noticing how alcohol really is impacting your health.

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00:07:08,793 --> 00:07:09,033

Yeah.

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00:07:09,193 --> 00:07:21,873

And you have been thinking for a while that maybe you want to prioritize your health a little bit more now and are kind of looking at alcohol as maybe something that you want to turn your attention to.

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00:07:21,873 --> 00:07:21,993

Yeah.

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00:07:24,152 --> 00:07:33,832

So I have some information that might be helpful for you around what constitutes risk drinking and what constitutes low-risk drinking, if it's okay if I share that with you.

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00:07:35,032 --> 00:07:51,592

So for women, low-risk drinking is considered to be not more than having not more than three drinks per one occasion, and also not having more than seven drinks

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00:07:51,992 --> 00:07:52,712
in a week.

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00:07:52,872 --> 00:07:54,792
That's what we consider low risk drinking.

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00:07:55,312 --> 00:08:01,232
Drinking above that is definitely high risk and contributes to all the kinds of things that we've been talking about.

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00:08:01,992 --> 00:08:03,552
What stands out for you about that?

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00:08:03,552 --> 00:08:04,472
What are your thoughts?

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00:08:04,952 --> 00:08:06,152
Not low risk.

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00:08:07,832 --> 00:08:09,192
Right, right.

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00:08:09,832 --> 00:08:17,672
So thinking about that, how ready do you feel to drink below risk levels now?

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00:08:18,632 --> 00:08:22,632
with one being not at all ready to ten being very ready?

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00:08:24,432 --> 00:08:25,672
I'm about a seven.

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00:08:26,152 --> 00:08:26,872
So a seven.

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00:08:27,272 --> 00:08:29,992
So you're ready enough that you chose a seven.

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00:08:30,232 --> 00:08:33,271

Why a seven instead of maybe a five or a six?

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00:08:33,271 --> 00:08:40,551

Like I said, I know that I could definitely reduce my drinking.

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00:08:42,871 --> 00:08:44,632

I know that whether or not it

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00:08:45,592 --> 00:08:51,352

directly affects me being in the hospital or just my overall feeling,

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00:08:51,352 --> 00:08:54,312

I know that I need to kind of to slow down.

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00:08:57,792 --> 00:08:59,512

I'm ready to kind of make that change.

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00:09:00,312 --> 00:09:14,312

You're kind of looking at your life and how you want to move forward and you say you see how you want to be intentional about having alcohol take less of a role and really focus on how to feel better.

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00:09:14,752 --> 00:09:15,672

as you move forward.

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00:09:17,192 --> 00:09:25,112

So what might help you feel a little bit more ready, move you up the scale maybe to eight or nine?

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00:09:26,712 --> 00:09:30,072

I definitely didn't really consider the pregnancy risks.

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00:09:31,032 --> 00:09:40,472

Like I said, it's something that's in the back of my head, but it's never, I've never really thought about the possibilities like this or the risks of my drinking.

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00:09:42,631 --> 00:09:46,871

That's definitely not a risk that I'm willing to take if I could become pregnant.

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00:09:47,351 --> 00:09:56,071

So the thought of becoming pregnant is definitely something that would cause you to really think about not just reducing, but quitting drinking.

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00:09:56,631 --> 00:09:59,031

And that's a very important point, Olivia.

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00:09:59,031 --> 00:10:05,591

I want to be really, really clear that we are talking about reducing your drinking below risk levels, which is certainly a first step.

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00:10:05,991 --> 00:10:08,551

I do want to make sure that

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00:10:09,831 --> 00:10:24,151

that you understand that there is no safe level of drinking when we become pregnant, and that the best way to prevent an alcohol-exposed pregnancy is to not drink at all if you're not using effective contraception.

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00:10:25,111 --> 00:10:29,111

So I am so grateful for the time that we've had to discuss this.

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00:10:29,831 --> 00:10:39,191

You have clearly put a lot of thought, even before now, about how alcohol is affecting your life, and you are

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00:10:39,911 --> 00:10:49,590

now, since you've landed in the hospital, really kind of connecting the dots and seeing that maybe, you know, you would like to really focus on reducing your risk.

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00:10:49,590 --> 00:10:58,310

You care about your health, you certainly care about the health of an unborn child and, you know, making sure that you do not create risk there, and are

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00:10:58,830 --> 00:11:02,750

thinking about different steps that you may want to take, what might those look like?

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00:11:03,950 --> 00:11:07,470

The easiest thing would just be to reduce my alcohol use.

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00:11:07,470 --> 00:11:16,830

I know I could go out and order one or two fewer the next time I'm out and just kind of maybe not always go out after work.

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00:11:16,910 --> 00:11:19,070

There's some small steps I could take now.

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00:11:19,470 --> 00:11:21,950

So you're already thinking through some ideas.

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00:11:21,950 --> 00:11:23,070

You're thinking about

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00:11:24,110 --> 00:11:35,950

really paying attention to the number of drinks you have when you are with your friends and maybe really reducing that or even thinking about doing something instead of going out.

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00:11:37,310 --> 00:11:38,190

Who might help you?

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00:11:39,150 --> 00:11:45,070

I definitely think my partner would be supportive, especially if it affects both of us.

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00:11:45,070 --> 00:11:48,830

That's not a risk that either one of us would want to take,

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00:11:48,830 --> 00:11:51,150

so I know that I would have support there.

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00:11:51,710 --> 00:12:07,549

So your first step is to really be intentional about looking at how much you're drinking, you would engage your partner, you have friends that would support you, and you're looking at really taking those first steps of decentralizing alcohol as far as what you're doing.

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00:12:09,309 --> 00:12:15,149

Yeah.

And I have some information here that might be able to be helpful for you if you're interested.

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00:12:15,149 --> 00:12:25,829

I can provide you some pamphlets on fetal alcohol spectrum disorder if that would be helpful for you to share with your partner or your friends or anybody else that you feel like could benefit from that information.

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00:12:25,829 --> 00:12:27,229

I'd be happy to share that with you.

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00:12:27,789 --> 00:12:29,629

I also have a list of resources --

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00:12:30,909 --> 00:12:40,909

community resources -- you are talking about being stressed, and if you find that it's more challenging to cut alcohol out of your life, these are great places for you to turn.

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00:12:41,309 --> 00:12:44,029

We have behavioral health specialists that can help talk with you.

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00:12:44,429 --> 00:12:57,869

I also would like to, if it's okay with you, share this information with your medical providers about this discussion, about your thoughts around reducing your alcohol use in that

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00:12:58,829 --> 00:13:02,589

so that they may be able to support you as you move forward, if that's all right.

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00:13:03,549 --> 00:13:05,629

All right, I will make sure to do that.

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00:13:05,909 --> 00:13:07,948

Well, thank you so much, Olivia.

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00:13:07,948 --> 00:13:13,788

I really appreciate your time, and I really hope that you continue to feel better and have a speedy recovery.

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00:13:13,988 --> 00:13:14,708

Thank you so much.

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00:13:14,708 --> 00:13:15,148

Thank you.

