SBIRT: Nurses Taking the Lead in Healthcare Teams

The SBIRT Model - Integrating Evidence-Based Screening, Brief Intervention, Referral and Treatment for Persons at Risk for Substance Use and Mental Disorders

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Congress established the Substance Abuse and Mental Health Services Administration (SAMHSA) in 1992 to make substance use and mental disorder information, services, and research more accessible. The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.
SBIRT is a SAMHSA Program/Campaign

Screening, Brief Intervention, and Referral to Treatment (SBIRT) is an approach to the delivery of early intervention and treatment to people with substance use disorders and those at risk of developing these disorders.
Evidence-based model of Risk Reduction

Evidence to support screening every patient at healthcare visits for risky behaviors/that will increase that patient’s risk for developing substance abuse or mental disorder.
Session A 09: Clinically Relevant Risks

EVIDENCE-BASED PRACTICE USED TO IDENTIFY, REDUCE, AND PREVENT PROBLEMATIC USE, ABUSE, AND DEPENDENCE ON ALCOHOL AND ILLICIT DRUGS.

Nurses can lead in this Community based initiative, interpersonal team collaboration

Nurses are the first line professionals in most health care settings.
This provides an ideal opportunity to get persons with developing disorders identified and started into an active plan of intervention/ treatment.

Screen: healthcare professional assesses the patient for risky substance use behaviors using standardized screening tools. Screening can occur in any healthcare setting. (primary care clinic, hospitals, community settings – school based clinics)

Brief Intervention: healthcare professional engages a patient showing risky substance use behaviors in a short conversation, providing feedback and advice.

Referral to Treatment: healthcare professional provides a referral to brief therapy or additional treatment to patients who screen in need of additional services.
The NEED: GAP in Knowledge, Skills, & Attitudes

Nurses can take the lead in Practice
Nurses can take the lead in championing and integrating models such as SBIRT in many healthcare settings to improve outcomes for those most at risk for developing serious substance abuse or mental health disorders.
NURSING CAN LEAD In EDUCATION

Nursing can assume a leadership role in both clinical settings and also preparing all of our nursing graduates to incorporate this evidence-based model in their own practice.

Objectives for Nursing Education:
Increase graduates nurses understanding of evidence based assessment, intervention and referral to treatment with adolescents/ adults using substances or at risk of using substances.
Provide faculty/ clinical preceptor and student training in Screening and Brief Interventions
Motivational Interviewing – an evidence-based brief intervention for substance abuse and other mental health concerns.

Nursing Education: **AACN** American Association of Colleges of Nursing
SBIRT Learning Collaborative (along with faculty from Schools of Social Work)
Nurses can implement all of these steps and lead/collaborate with the interdisciplinary team.
SCREENING

Empirically based screening tools: CRAFFT, CAGE For substance abuse
PhQ 9 for depression

Table 6. CAGE Screen For Alcohol Abuse.

| C | Have you ever felt you should Cut down on your drinking? |
| R | Do you ever use alcohol or drugs to relax, feel better about yourself, or fill in? |
| F | Do you ever use alcohol or drugs while you are by yourself, alone? |
| A | Do you ever forget things you did while using alcohol or drugs? |
| F | Do your family or friends ever tell you that you should cut down on your drinking or drug use? |
| T | Have you ever gotten into trouble while you were using alcohol or drugs? |

PHQ-9
Spanish
Teen Version
Download Free
BRIEF INTERVENTIONS:

Motivational Interviewing - Substance Abuse

Cognitive Behavioral Interventions - Depression
Basics of Motivational Interviewing:

The key to SBIRT: Brief intervention

...a brief...
non-judgmental, non-confrontational, directive conversation, using Motivational Interviewing (MI) principles & techniques to enhance a patients' motivation to change their use of alcohol & other drugs.

- Non-confrontational
- Collaborative
- PT is the expert on his/her life
- A dialogue - Not a lecture
Key Resource for MI as an evidence based intervention

Develop Discrepancy

- Build discrepancy between the way things currently are and the way a client would like things to be.
- Helping the client determine how important a change could be (i.e., discrepancy between current behavior and important goals or values held by client).
- Helpful tool: Decisional balance worksheet.

Roll With Resistance

- Rolling means getting out of the way and not engaging in it.
- Rather than arguing against resistance, rolling with it and it is likely reduced.
Referral to appropriate level of Treatment
Application in my Faculty practice setting

Lessons learned:

Establish good working relationships in the community with-
Outpatient SA services,
Inpatient detox
Recovery programs
Outpatient and crisis mental health services

Collaborate with community professionals/recovery teams
Peer support specialists / 12 step programs.
Teaching/ preparing all Nurse graduates in this model

Teach **STUDENTS** (undergrad and grad students) and **FACULTY** and **PRECEPTORS**
Sustaining the SBIRT Model

Providing mentors/ supervision/ training preceptors other faculty and measuring outcomes to demonstrate to administrators the value of the model of care

Buy in – that best EB care is the goal for all the patients served, but cost and patient outcomes will be key in sustaining.
Opportunities to become involved with SBIRT initiatives

AACN
SBIRT Learning Collaborative
SAMHSA tool kits


ABSTRACT: Pamela G. Lusk, DNP, MSN, PMHNP, BSN, RN, PMHNP-BC, FAANP
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Nurses are often the first line healthcare providers for persons entering a healthcare setting. There is strong evidence to support a model of screening all persons who enter the healthcare setting for risky behaviors- behaviors that put them at risk for developing a substance abuse or mental disorder. An evidence based model, promoted by SAMHSA – the U.S. Department of Health and Human Services – Substance Abuse and Mental Health Services Administration, for identifying persons at risk, and then providing active early intervention is SBIRT – Screening, Brief Intervention, and Referral to Treatment. Nurses can take the lead in championing and integrating models such as the SBIRT – model into many healthcare settings, thereby improving outcomes for those persons at risk of developing substance dependence, or serious mental health disorder. Nurses can promote evidence-based screening tools, deliver and supervise early interventions such as motivational interviewing, and facilitate referral to specialty substance-abuse, psychiatric treatment when indicated.
As critical members of the interdisciplinary healthcare team, they can also play a key role in sustaining the SBIRT protocols, and measuring outcomes in their setting. Lessons learned from the author’s experiences integrating the SBIRT model into a community primary care clinic will be shared, including barriers to implementation and response from patients and staff once the SBIRT approach was fully part of everyday practice in the clinic. Also experiences teaching this model to nursing students, advanced practice as well as pre-licensure will be shared. Nursing is one of the key health professions adopting this model, and collaborative learning communities with other healthcare professions are ongoing. Opportunities to join these collaborative initiatives will be shared.