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Quality Improvement: Enhancing Provider Screening of Adolescent Substance Use With CRAFFT Questionnaire

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INTRODUCTION

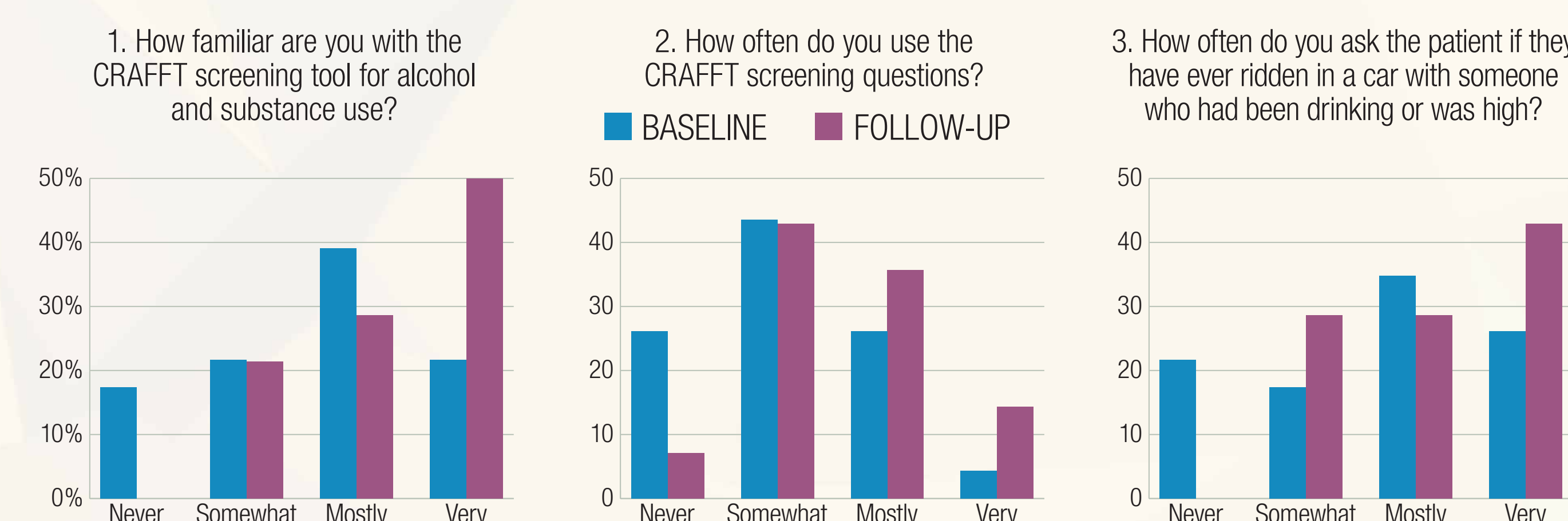
- Screening for substance use is an important part of the adolescent visit, allowing providers to detect developing addictions and to offer interventions.
- This study's goals were threefold:
 1. Obtain baseline info of pediatric providers' screening practices
 2. Educate providers about use of the CRAFFT screening questionnaire
 - CRAFFT is a validated screening tool asking questions about substance use related to riding in a Car with a driver under the influence, using substances to Relax, Alone, to Forget, nagging from Friends/Family, and getting in Trouble.
 3. Longitudinal follow-up of post-intervention changes in provider screening behavior

METHODS

- IRB exempt non-human subjects research, determined by the LVHN IRB.
- Baseline surveys distributed to Pediatric attendings, residents and nurse practitioners practicing at a busy, hospital-affiliated Pediatric clinic
- Interventions:
 - Provider education at two consecutive monthly meetings about the CRAFFT screening tool, including:
 - Inclusion of "Car" question in standard clinic adolescent screening questionnaire
 - EPIC™ "smartphrase" containing CRAFFT questionnaire for positive screens
 - Follow-up survey at 3 months to compare attitudes and behaviors before and after the intervention.

SURVEY QUESTION	BASELINE	FOLLOW-UP
How comfortable are you discussing alcohol and drug use with adolescents?	91.3%	92.9%
How often do you review the adolescent screening questionnaire prior to or during an adolescent visit?	81.8%	85.7%
How often do you directly ask adolescent patients about alcohol and drug use?	95.7%	100.0%
When a patient discloses alcohol or drug use, how often do you document it in the chart?	87.0%	92.9%
How confident are you in your ability to address a positive screening response for adolescent alcohol and drug use?	73.9%	92.9%
How familiar are you with the community resources and referral options for adolescents who report alcohol or drug use?	17.4%	21.4%
When seeing adolescent patients who report alcohol or drug use, how often do you provide the patient with resources or referrals for their substance use?	43.5%	42.9%
How familiar are you with the CRAFFT screening tool for alcohol and substance use?	60.9%	78.6%
When seeing adolescent patients who report alcohol or drug use, how often do you use the CRAFFT screening questions?	30.4%	50.0%
When seeing adolescent patients, how often do you ask the patient if they have ever ridden in a car with someone who had been drinking or was high?	60.9%	71.4%

TABLE 1: Number reflects respondents indicating "Mostly" or "Very" or "Most of the Time" or "All of the time" as a survey response.



RESULTS

- Completed survey response rate of 23/31 (74%) for initial and 14/23 (61%) for follow-up survey (Table 1)
- Substance use screening:
 - At baseline, providers were very comfortable discussing substance use with adolescents
 - Providers were generally uncomfortable with the process of referring patients to community resources.
 - This was unchanged after the intervention.
- CRAFFT Screening
 - Familiarity:
 - At baseline, 9/23 (39%) were unfamiliar with the CRAFFT screen
 - At 3 month follow-up, most (11/14, 79%) reported being familiar with the CRAFFT screen
 - Usage:
 - At baseline, a minority of providers (7/23, 30%) used the screening tool most or all of the time to follow-up on positive substance use screens
 - At 3 month follow-up, 50% of providers did so.
- "Car" Question: (Have you ever ridden in a car driven by someone (including yourself) who was "high" or had been using alcohol or drugs?)
 - At baseline, 14/23 (61%) reported using the Car question most or all of the time.
 - At follow-up, 10/14 (71%) reported asking the Car question most or all of the time.

CONCLUSION

- A brief educational intervention with Pediatric attending physicians, residents, and nurse practitioners increased:
 - Self-reported familiarity with CRAFFT screening
 - Frequency of CRAFFT screen use
 - Frequency of asking about riding in a car with a driver under the influence.
- Providers generally feel comfortable discussing substance use with adolescents.
- Future opportunity exists to increase provider comfort with referral to community resources.