

Understanding & Using the SBIRT Model

RESOURCES

- [SBIRT fact sheet](#)
- [Pocket Instruction Guide](#)
- [SBIRT step-by-step guide](#)
- [Various resources, including SBIRT coding, screening tools, and information for SAMHSA grantees](#)
- [USPSTF recommendation](#)
- [AAFP article on USPSTF recommendation](#)

New Jersey Professional Assistance Program



The rates of alcohol and substance abuse among physicians are no different than the general public, but any impaired physician is cause for concern because of their caregiver role. The [New Jersey Professional Assistance Program](#) provides treatment and advocacy for impaired health care providers, including physicians.

SBIRT Pre-Screening Tools

- These are quick questions leading to further screening if positive.
- Alcohol Use Disorders Identification Test--Consumption ([AUDIT-C](#))
- National Institute on Alcohol Abuse and Alcoholism (NIAAA) single screening question ([page 8, NIAAA Clinician's Guide](#))

Commonly-Used Screening Tools With SBIRT

- Alcohol Use Disorders Identification Test (AUDIT) ([page 15, NIAAA Clinician's Guide](#))
- Drug Abuse Screening Test ([DAST](#))
- Alcohol, Smoking, Substance Involvement Screening Test ([ASSIST](#))
- Cut-down, Annoyed, Guilty, Eye-Opener ([CAGE](#))
 - The [USPSTF discounted CAGE](#) because it detects only alcohol dependence and not the full spectrum of unhealthy alcohol use

SBIRT Flow Chart

- <https://www.ncbi.nlm.nih.gov/books/NBK64820/>