

Brief Intervention: 5A's Model

Ask

Screen pregnant patients in a **conversational and non-judgmental manner** with awareness of the stigma affecting this population.

Conduct a **diagnostic interview** to confirm/exclude AUD, as brief intervention alone is not effective for individuals with AUD.

Advise

In a clear and personalized manner, inform patients of the risk of alcohol use during pregnancy and post-partum and recognize the knowledge they already have.

Advise them to discontinue alcohol use during this period and explore any changes they have already made to mitigate the risks.

Assess

Assess and record **patients' readiness** to discontinue or reduce alcohol use at this time.

Assist

Work with the patient to **develop a treatment plan** that accommodates their level of readiness and motivation. Offer supportive counselling and advice, provide a menu of options for treatment and referrals to community resources.

Arrange

Schedule follow-up contact, preferably within a week of the intended "change date".