

Quality Improvement Project: Implementation of CRAFFT Questionnaire for Adolescents in the Outpatient Psychiatric Setting to Improve Screening, Brief Intervention and Referral to Treatment

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Increases in substance use among adolescents is an increasing concern in the US; unfortunately, substance use disorders (SUD) often go undiagnosed and untreated. Current guidelines recommend the use of a validated screening tool to screen for SUD in adolescents. CRAFFT Questionnaire has been validated for the adolescent population on a wide range of socioeconomic and racial/ethnic backgrounds. The IOWA Model of evidenced based practice change was used to implement the use of CRAFFT in this project with the aim of improving adolescent substance screening process in two outpatient psychiatric clinics in South Texas implementing the use of CRAFFT in initial psychiatric evaluation visits for ages 11-21. CRAFFT use was implemented over one month in initial psychiatric evaluation visits; 59 initial psychiatric evaluations were analyzed to examine adherence to the screening tool, the tendency to diagnose SUD, and the tendency to refer or provide brief substance intervention. Results included a statistically significant increase in use of the validated screening tool in the adolescent population at the project site in the post-intervention period. Analysis yielded a numerical but not statistically significant increase in the amount of SUD diagnosis while the use of SBIRT increased two-fold in the post intervention stage. This project allowed the DNP student to analyze existing literature and research, identify a current problem within an organization, formulate a plan for intervention based on evidence-based practice, and implement the plan to improve processes and services provided at the project site and becoming acquainted with dissemination of knowledge.