FASDs

Fetal Alcohol Spectrum Disorders (FASDs) is a term used to describe the range of health effects that may occur in a person whose mother consumed alcohol while pregnant.

There is no known safe amount, no safe type, and no safe time to consume alcohol while pregnant or trying to become pregnant.

RISK FACTORS FOR FUTURE PARENTS

- Alcohol use while pregnant can cause permanent birth defects called FASDs.
- 100% of FASDs are preventable.
- Some possible effects are:
  - Underdeveloped facial features, small head size, and short stature
  - Hyperactive behavior, difficulty with attention, and poor reasoning
  - Heart, brain, kidney, and other organ development problems
  - Learning problems at school, speech, and language difficulties

3 in 4 women wanting to get pregnant as soon as possible report drinking alcohol.

ROLE AS A CHAMPION

- Advocate for evidence-based, trainings and the adoption of USPHS recommendations to make Alcohol SBIs a standard of care in clinical settings.
- Facilitate dissemination of Alcohol SBIs and FASDs, training, practice guidelines, and related resources.
- Survey your membership and/or practice setting to assess need for further training and support for nurses implementing Alcohol SBIs as a routine practice.
- Provide education and resources to nurses and healthcare providers.

WHO:
- University of Pittsburgh
- University of California at San Diego
- University of Alaska Anchorage

WHAT:
- Collaborating on a four-year, CDC-funded initiative

WHY:
- Reduce alcohol-exposed pregnancies

HOW:
- Increase nurses’ knowledge and use of Alcohol SBIs both through education and by addressing alcohol consumption among patients, including women of child-bearing age

EDUCATE

- Provide education
- Meet with groups
- Share resources

DISSEMINATE

- Promote educational materials and trainings on Alcohol Screening and Brief Intervention (SBI) and other evidence-based practices to prevent FASDs.

POLICY CHANGE

- Advocate for evidence-based, trainings and the adoption of USPHS recommendations to make Alcohol SBIs a standard of care in clinical settings.

SURVEY

- Survey your membership and/or practice setting to assess need for further training and support for nurses implementing Alcohol SBIs as a routine practice.

Let us know how we can help you!

Contact us at: atami@pitt.edu

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