FETAL ALCOHOL SPECTRUM DISORDERS
A Toolkit for Nurse Champions
This toolkit is prepared for Nurse Champions invested in universal health promotion through:

- The prevention and recognition of fetal alcohol spectrum disorders (FASD), and

- The reduction of alcohol consumption through alcohol screening and brief intervention (Alcohol SBI).
Who is a Champion?

DEFINITION

Champions enthusiastically support an increase awareness and prevention of FASD through alcohol screening and brief intervention (Alcohol SBI) training for nurses and all health professionals. Additionally, Champions facilitate educational messaging to professionals and the public whenever and wherever possible within their sphere of professional influence.

EXECUTIVE CHAMPION

Administrative nurses who advocate and influence other nurses and organizations about FASD prevention and who encourage the dissemination of information about FASD.

NURSE LEADER CHAMPION

Clinical nurses who support the principle of FASD prevention, promote knowledge and skill development, and facilitate dissemination.

STUDENT CHAMPION

Student ambassadors who are the proponent and cheerleader of the FASD cause, while still in school.
## Champion Role and Impact

<table>
<thead>
<tr>
<th>ROLE</th>
<th>IMPACT</th>
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<tbody>
<tr>
<td>Promote educational materials and trainings on Alcohol SBI and other evidence-based practices to prevent FASD.</td>
<td>Increase the number of nurses who are skilled in Alcohol SBI and understand its importance in relation to FASD prevention.</td>
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<td>Facilitate dissemination of Alcohol SBI and FASD training, practice guidelines, and related resources.</td>
<td>Improve consistent, science-based messaging about risky drinking and alcohol use during pregnancy.</td>
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<td>Advocate for evidence-based trainings and the adoption of USPSTF recommendations to make Alcohol SBI a Standard of care in clinical settings.</td>
<td>Influence practice change among nurses and other healthcare professionals in the areas of prevention, identification, and treatment of FASD.</td>
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<td>Survey your membership and/or practice setting to assess need for further training and support for nurses implementing Alcohol SBI as a routine practice.</td>
<td>Sustain implementation of Alcohol SBI toward the elimination of FASD and Alcohol Exposed Pregnancies (AEP).</td>
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The below messages have been crafted for Champions to use with their patients, colleagues, and social media followers in this highly digital age.

<table>
<thead>
<tr>
<th>GENERAL POPULATION</th>
<th>WOMEN OF REPRODUCTIVE AGE</th>
<th>BEST PRACTICES</th>
<th>ALL NURSES</th>
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<tbody>
<tr>
<td>Alcohol misuse can result in problems for individuals, communities, and families.</td>
<td>Prenatal alcohol exposure is a leading preventable cause of birth defects, developmental disorders, and intellectual disabilities.</td>
<td>Universal Alcohol Screening and Brief Intervention (Alcohol SBI) is effective, efficient, and recommended for addressing alcohol use.</td>
<td>Nurses are in a unique position to inform their patients of the risks associated with alcohol use and misuse, including during pregnancy, and to help them make an informed decision regarding and alcohol-free pregnancy.</td>
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Want to know more?

Click the icon at left for a more in depth review of the roles, responsibilities, and goals of a Champion.

Click the icon at left for a Champion infographic you may share with other professionals.
What is FASD?

**DEFINITION**

Prenatal exposure to alcohol can damage the developing fetus and is the leading preventable cause of birth defects and neurodevelopmental disabilities.

Fetal alcohol spectrum disorders (FASD) is a non-diagnostic umbrella term that describes the range of effects that can occur as a result of prenatal alcohol exposure.

**EFFECTS**

These effects span across physical, mental, behavioral and learning disabilities that may be mild or severe, all with lifelong implications.
**PREVALENCE**
Current research estimates the prevalence to be as high as 24 to 48 per 1,000 births (2.4 – 4.8%) in the United States.

**PREVENTION**
FASDs are 100% PREVENTABLE, as they only occur with prenatal alcohol exposure.

There is no known safe amount of alcohol during pregnancy or when trying to get pregnant, nor is there any safe time to drink during pregnancy.

WHY TAKE THE RISK?
Want to know more?

Click the icon at left to review the Centers for Disease Control and Prevention's facts about FASDs.

Click the icon at left for an optional online course, FASD Primer for Healthcare Professionals.
What is Alcohol SBI?

**DEFINITION**
Alcohol Screening and Brief Intervention (Alcohol SBI) is a clinical preventive service which helps identify patients who may be at risk because of their alcohol use. Validated screening questions, such as the AUDIT, are used in conjunction with short conversations, otherwise known as Brief Interventions.

**RISKY DRINKING**
At-risk alcohol use includes adults who consume more than the CDC’s recommended daily/weekly limits, are pregnant or may become pregnant, and those who have a substance use disorder.

**SCREENING TOOLS**
The Alcohol Use Disorders Identification Test (AUDIT) is one of many validated screening tools you can use to help identify if your patient may be consuming alcohol at a risky level. If the patient screens positive in the first three questions of the AUDIT, further assessment may be provided through the remaining seven questions.
What is the AUDIT?

<table>
<thead>
<tr>
<th>Question</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>Score</th>
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<tbody>
<tr>
<td>1. How often do you have a drink containing alcohol?</td>
<td>Never</td>
<td>Less than Monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>2-3 Times a Week</td>
<td>4-6 Times a Week</td>
<td>Daily</td>
<td></td>
</tr>
<tr>
<td>2. How many drinks containing alcohol do you have on a typical day you are drinking?</td>
<td>1 Drink</td>
<td>2 Drinks</td>
<td>3 Drinks</td>
<td>4 Drinks</td>
<td>5-6 Drinks</td>
<td>7-9 Drinks</td>
<td>10 or More Drinks</td>
<td></td>
</tr>
<tr>
<td>3. How often do you have X (5 for men, 4 for women and men over 65) or more drinks on one occasion?</td>
<td>Never</td>
<td>Less than Monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>2-3 Times a Week</td>
<td>4-6 Times a Week</td>
<td>Daily</td>
<td></td>
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<td>4. How often during the last year have you found that you were not able to stop drinking once you had started?</td>
<td>Never</td>
<td>Less than Monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily, or Almost Daily</td>
<td></td>
<td></td>
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<tr>
<td>5. How often during the past year have you failed to do what was expected of you because of drinking?</td>
<td>Never</td>
<td>Less than Monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily, or Almost Daily</td>
<td></td>
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<tr>
<td>6. How often during the past year have you needed a drink first thing in the morning to get yourself going after a heavy drinking session?</td>
<td>Never</td>
<td>Less than Monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily, or Almost Daily</td>
<td></td>
<td></td>
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<tr>
<td>7. How often during the past year have you had a feeling of guilt or remorse after drinking?</td>
<td>Never</td>
<td>Less than Monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily, or Almost Daily</td>
<td></td>
<td></td>
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<tr>
<td>8. How often during the past year have you been unable to remember what happened the night before because you had been drinking?</td>
<td>Never</td>
<td>Less than Monthly</td>
<td>Monthly</td>
<td>Weekly</td>
<td>Daily, or Almost Daily</td>
<td></td>
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<tr>
<td>9. Have you or someone else been injured because of your drinking?</td>
<td>No</td>
<td>Yes, but not in the past year.</td>
<td>Yes, during the past year.</td>
<td>Yes, during the past year.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. Has a relative, friend, doctor, or other healthcare worker been concerned about your drinking and suggested you cut down?</td>
<td>No</td>
<td>Yes, but not in the past year.</td>
<td>Yes, during the past year.</td>
<td>Yes, during the past year.</td>
<td></td>
<td></td>
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</table>
Want to know more?

Click the icon at left to review the Centers for Disease Control and Prevention's facts about Alcohol SBI.

Click the icon at left for an optional online course, Prevention of an Alcohol-Exposed Pregnancy (AEP).

Click the icon at left to view the CDC's guide on implementing Alcohol SBI into your practice.
Resources

**REFERRAL SOURCES**
- FASD Systems and Efforts by State
- FASD Recourse Directory by State
- SAMHSA’s Behavioral Health Treatment Services Locator

**TRAINING**
- CDC Training and Education Resources
- SAMHSA FASD Center of Excellence Training
- Association of Reproductive Health Professionals (ARHP) Course
- FASD Competency-Based Curriculum Development Guide

**ADDITIONAL RESOURCES**
- ACOG’s Clinicians Toolkit
- Alcohol Use and Your Health - Recommended Limits