

A woman in a red dress is shown from the waist up, holding her belly with both hands. The image is dimly lit, with a dark grey overlay across the center where the text is placed. The background shows a window with light coming through.

# FETAL ALCOHOL SPECTRUM DISORDERS

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A Toolkit for Nurse Champions



# Purpose

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?

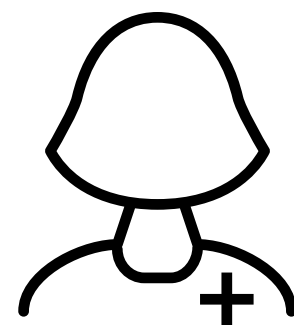
## DEFINITION

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.



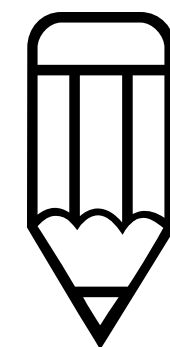
### EXECUTIVE CHAMPION

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

## ROLE

- + Promote educational materials and trainings on Alcohol SBI and other evidence-based practices to prevent FASD.
- + Facilitate dissemination of Alcohol SBI and FASD training, practice guidelines, and related resources.
- + Advocate for evidence-based trainings and the adoption of USPSTF recommendations to make Alcohol SBI a Standard of care in clinical settings.
- + Survey your membership and/or practice setting to assess need for further training and support for nurses implementing Alcohol SBI as a routine practice.

## IMPACT

- + Increase the number of nurses who are skilled in Alcohol SBI and understand its importance in relation to FASD prevention.
- + Improve consistent, science-based messaging about risky drinking and alcohol use during pregnancy.
- + Influence practice change among nurses and other healthcare professionals in the areas of prevention, identification, and treatment of FASD.
- + Sustain implementation of Alcohol SBI toward the elimination of FASD and Alcohol Exposed Pregnancies (AEP).





# Messages for Champions

The below messages have been crafted for Champions to use with their patients, colleagues, and social media followers in this highly digital age.

## GENERAL POPULATION

Alcohol misuse can result in problems for individuals, communities, and families.

## WOMEN OF REPRODUCTIVE AGE

Prenatal alcohol exposure is a leading preventable cause of birth defects, developmental disorders, and intellectual disabilities.

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## BEST PRACTICES

Universal Alcohol Screening and Brief Intervention (Alcohol SBI) is effective, efficient, and recommended for addressing alcohol use.

## ALL NURSES

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.



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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.



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# 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.





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# What is FASD?

## **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?





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# 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.



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# 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, other wise 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 be come 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 question.







# What is the AUDIT?

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





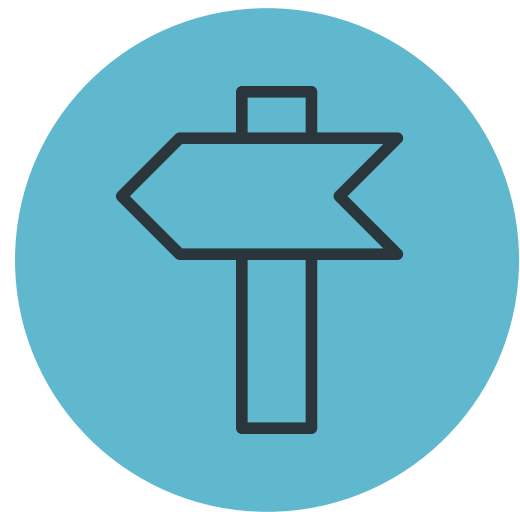
# Want to know more?



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

