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| ***FASD Webinar Series: Alcohol Use in Pregnancy. What is the Issue?*** |
| **Presented by: Dr. Jennifer Blake On: August 25, 2014** |
| * Chief Executive Officer – The Society of Obstetricians and Gynaecologists of Canada
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| **What is binge drinking?**  |  | **Missed Risky Drinkers** |
| * 4 or more drinks in a 2 hour span for average-sized females
* Not low risk drinking
* Pattern of alcohol use
* Alcohol metabolism in a fetus is slower than the mother, so exposure can be greater and last longer
 |  | * Women over 35 years of age
* “Social” drinkers
* Highly educated women
* History of sexual and emotional abuse
* Women of high socioeconomic status
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| **Why is Alcohol Use a Problem?** |  | **Recognition, Screening, and Documentation of Alcohol Use**  |
| * Alcohol is recognized as a teratogen
* Negative effects on mother and child’s health
* Depression, anxiety, anger, difficulty in social interactions, long term cognitive/ behavioral effects
* High risk of sex, violence, and unplanned pregnancy
* Mask underlying mental/social distress
* Children born with a FASD have lower health status and quality of life
 |  | * Ask effective, open-ended, single questions
* Ask in past tense
* Avoid statements that sound judgmental or bring on guilt
* Record questions/answers – raises awareness, increases earlier recognition/intervention
* As a negative it may be used as a pejoratively or may raise custody issues
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| Recommendations for Health Professionals |  | **Resources**  |
| * Alcohol screening should be routine and done periodically for all pregnant women
* Be aware of all risk factors associated with alcohol and women
* Brief Interventions (BI) are effective and should be provided to all women at risk
* Treatment strategies should be encouraged
* Pregnant women should be given priority to treatment plans
* Keep messages consistent – no amount of alcohol is safe during pregnancy
 |  | * SOGC Clinical Practice Guideline on Substance Use in Pregnancy - <http://sogc.org/wp-content/uploads/2013/01/gui256CPG1104E.pdf>
* The Society of Obstetricians and Gynaecologists of Canada – <http://sogc.org/>
* National Institute of Alcohol Abuse and Alcoholism - [www.niaaa.nih.gov/](http://www.niaaa.nih.gov/)
* The Arc’s Fetal Alcohol Prevention Project – [www.thearc.org/FASD-Prevention-Project](http://www.thearc.org/FASD-Prevention-Project)
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| *The goal of the webinar series is to increase provider knowledge of the risks alcohol poses to a fetus, the use of prevention strategies, and of consistent messaging with patients: drinking while pregnant can cause FASD. For more webinars or to see the full recording of this one:* [*http://tinyurl.com/jwh25cr*](http://tinyurl.com/jwh25cr) |