FASD: What is it? When and How to Start the Conversation

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Disclosure Declarations

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<th>Name</th>
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<td>Kathy Hotelling (Instructor)</td>
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Objectives

- Learn the basics of FASDs
- Identify those at risk for having a child with an FASD
- Acquire pointers on starting and continuing conversations about preventing FASDs
Global Pandemic

As many as 6 of every 100 newborns are exposed to alcohol

World Health Organization
2014
Health problems
Social problems
Behavioral problems
Education issues
Legal issues

affecting individuals, families, and societies worldwide
Leading Preventable Cause of

- intellectual disabilities and birth defects
- of learning disabilities
Which standard drink is safest for a pregnant woman?
No safe time
No safe amount
No type of alcohol

Low to moderate consumption of alcohol crosses placenta and can interfere with normal development of fetus.

Brain of fetus gets hit every time alcohol is ingested
One ounce of alcohol dissolves about 10,000 cells in developing brain.

When lose one cell, lose trillions of neuro networks of cells that were to develop from that cell.
Alcohol has the most serious effect on fetus

“Of all the substances of abuse (including cocaine, heroin, and marijuana), alcohol produces by far the most serious neurobehavioral effects in the fetus.”

*IOM* Report to Congress, 1996
the “face”

#1 Myth

Baby with Fetal Alcohol Syndrome

FAS Facial Characteristics:
- small eye openings
- smooth philtrum
- thin upper lip
“The minute pursuit of the facial dysmorphism only serves to PROLONG DENIAL of this universal societal public health problem”

Keiran D. O’Malley, MD
world renowned expert on FASD
FASD is a Continuum
Fetal Alcohol Spectrum Disorders (FASD) is the umbrella term that describes the range of effects that can result from prenatal alcohol exposure. FASD is not a diagnostic term.
Neurodevelopmental Disorder
Otherwise specified

(Conditions for further study:
Neurodevelopmental Disorder Associated with
Prenatal Alcohol Exposure)
Signs and Symptoms of FASDs
- Development dysmaturity (1/2 - 2/3 of chronological age)
- Slow processing
  - 10 second person in a 1 second world
  - 3 out of 10 words
- Concrete
- Variable memory
- Little or no comprehension of money or time
- Under or oversensitivity to senses (auditory, visual, tactile)
- Attention difficulties
- Impulse control
- "Lies" when it would be "easy" to tell the truth (confabulates)
- Loses temper easily...escalation in response to stress
- Blames others for mistakes
- Poor sleep patterns
- Difficult to soothe
- Feeding difficulties especially when young

The Arc
Fetal Alcohol Spectrum Disorder Prevention Project

Achieve with us.
Executive Functions

Consist of mental skills that help the brain organize and act on information

Almost always a deficit and reason why traditional counseling is usually ineffective
- Cause and effect
- Working memory (storing and manipulating information needed to do verbal/nonverbal tasks)
- Apply previously learned info to problem solving
- Generalization
- Prediction (ex: time management)
- Planning
- Initiation
- Organization
- Inhibition
Most Accurate Description of FASD

Permanent
Invisible
Physical Disability
Why?

Usually typical or “normal” looking, but when introduce the idea of physical disability, others understand expectations must change of those with an FASD.
PREVENTING AN FASD

requires a combined and multifaceted effort over time
GOVERNMENT WARNING: (1) According to the Surgeon General, women should not drink alcoholic beverages during pregnancy because of the risk of birth defects. (2) Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems.
“Alcohol-related warning messages, alcohol bans, social marketing strategies implemented on a massive scale and similar approaches have little impact on behaviour change”

Institute of Health Economics
Canada
2011
We ALL MUST be part of prevention efforts

Perception that FASD is affected only by a woman’s choices is a major barrier to effective prevention efforts.

DRINKING HABITS ARE SHAPED BY THOSE AROUND US
Social norms may promote drinking during pregnancy

Marketing of alcoholic beverages
- must caution women of childbearing age

Providers of health care/social services
- must inform pregnant women about risks of drinking
- provide meaningful support to help pregnant woman to abstain from alcohol

Society as a whole is responsible
- for failing to help pregnant women to cope with fear, anxiety, violence, malnutrition, & poor health through means other than alcohol use
"This isn't new information and somehow it's missing big segments of our society. And so I think all the ways that we can share the information in every direction is really a good idea."

Deb Evensen
Educator
**MEN**

- Be a good host
- Don’t minimize harms of own drinking or effect on partner and other women around you
- Take a “pregnant pause”
- Plan ahead (more than half of pregnancies are unintended)

FASD affects everyone
Health Care Professionals
Alcohol’s effect does not discriminate among pregnant women

- Age
- Race
- Socioeconomic class

Anywhere people drink alcohol of any kind
Who is most likely to drink during pregnancy?

- Caucasian
- College educated
- Middle to upper class

Privilege bias
Beginning the Conversation

- When the female is “of child bearing age”
- With ALL females, regardless of race, social class, age
- With male partners, not just females
- Review history form with patient/client
- Ask about current usage **verbally** and **at every visit**
- Non-judgmental tone, face, words
Individual Circumstances

- Planning to get pregnant
- Finds out pregnant a month or more after the fact
- In treatment for addiction
  - Recognize that many women who are addicted to any substance may have an FASD themselves
  - Women who use drugs, also drink alcohol
PREGNANT? DON'T DRINK.
ALCOHOL CAN CAUSE LIFELONG BRAIN DAMAGE TO YOUR CHILD.

“We agree with the CDC: There is no known amount of alcohol that is safe to drink while pregnant.”
- Dr. Mehmet Oz, M.D.

Join us at NOFAS.org
National Organization on Fetal Alcohol Syndrome

PREGNANT? DON'T DRINK.
KNOW THE FACTS.

- There is no safe amount or type of alcohol during pregnancy. Any amount of alcohol, even if it's just one glass of wine, passes from the mother to the baby. It makes no difference if the alcohol is a liquid such as vodka, or beer or wine.
- A developing baby can't process alcohol. Developing babies lack the ability to process alcohol through the liver. They absorb all of the alcohol and have the same blood alcohol content as the mother.
- Alcohol causes more harm than heroin or cocaine during pregnancy. The Institute of Medicine says, ‘Of all the substances of abuse (including cocaine, heroin, and marijuana), alcohol produces by far the most serious neurobehavioral effects in the fetus.’
- Alcohol used during pregnancy can result in FASD. An estimated 40,000 newborns each year are affected by FAS, Fetal Alcohol Syndrome, or have FASD, Fetal Alcohol Spectrum Disorders, with damage ranging from major to subtle.
- 1 in 100 babies have FASD, nearly the same rate as Autism. FASD is more prevalent than Down Syndrome, Cerebral Palsy, SIDS, Cystic Fibrosis, and Sickle Cell combined. Alcohol use during pregnancy is the leading preventable cause of birth defects, developmental disabilities, and learning disabilities.

Join us at NOFAS.org
National Organization on Fetal Alcohol Syndrome
FASD Center for Excellence

- Rack cards
- Posters
- Ad slicks

http://fasdcenter.samhsa.gov/Products/CustomizableMaterials
Audiovisual Aids

https://www.youtube.com/watch?v=OXzd5dIXH3k
CHOICES

NREPP

Included in SAMHSA's National Registry of Evidence-based Programs and Practices

The Arc

Fetal Alcohol Spectrum Disorder Prevention Project

Achieve with us.
Based on scientific study in Fort Lauderdale, Houston, Richmond

Those receiving both information and brief motivational intervention were twice as likely to be at reduced risk for an AEP compared to the group that received only information
- In-depth assessment of alcohol use & contraception use patterns
- Counseling about consequences of alcohol use during pregnancy
- Brief advice/counseling for moderate to heavy drinkers to reduce intake levels or referral to community treatment services for alcohol dependent drinkers
- Reproductive health education about contraceptive methods, provision of contraceptive services, client follow-up
Website Resources

- www.aap.org/fasd
- www.canfasd.ca
- www.womenspopulationhealth.ca/womenandalcohol
- http://www.kyfasd.org/
- www.fasdoutreach.ca
- www.fasdcenter.samsha.gov
- http://www.nofas.org
Kathy Hotelling, Ph.D., ABPP
Navigating Life with FASD

www.navigatinglifewithfasd.com
www.facebook.com/navigatinglifewithfasd
Next FASD Webinar

• Alcohol Use in Pregnancy: Criminal Activity or Public Health Issue?
  o Thursday, June 25th @ 2:00 - 3:00pm EST

www.thearc.org/FASD-Prevention-Project

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