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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 | | | |
| **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 |
| **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 |
| 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) | | | |