

Fetal Exposure Assessment

Exposure Risk Markers

- ◆ History of maternal substance abuse
- ◆ Premature birth (<36 weeks)
- ◆ Congenital Defects
- ◆ Family expresses concerns about substance abuse
- ◆ Mother smokes
- ◆ Mother has been in jail or prison

Screening for Prenatal Alcohol Exposure



What is a drink? _____

No use reported, but concerns remain

Maternal Risk Score

- ___ Age over 25 years
- ___ Unmarried, divorced, widow, living with partner
- ___ On TANF, WIC, Social Security or income < \$16,000 per year
- ___ Did not graduate from high school
- ___ Poor diet
- ___ Smokes more than 1/2 pack per day

Score
Add 5 if any are checked

- ___ Drinks less than 2 days/week & less than 2 drinks/drinking day

Score
Add 20 if checked

- ___ Age first drunk—less than 15 years
- ___ In treatment over three times
- ___ In treatment in last 12 months
- ___ Previous child with FASD, birth defect or developmental disability
- ___ Previous child died
- ___ Children out of home (foster care or adopted)

Score
Add 35 if any are checked

- ___ Heavy drinker (drinks 3 or more drinks/day for 3 or more days per week, or more than 5 drinks/day on 6 or more occasions)
- ___ Uses inhalants, sniffs, huffs or illegal drugs

Score
Add 45 if any are checked

Score	Risk Category	Recommendations	TOTAL SCORE
0	None	Standard prenatal care	
5	Low	Standard prenatal care	
20-40	Moderate	Standard prenatal care and patient education on FASD	
45-50	High	High risk pregnancy, prompt in office intervention or alcohol-drug abuse treatment	
55-105	Very High	High risk pregnancy, alcohol-drug abuse treatment	

Assessment of Exposure During Pregnancy

Chart These

- On average, how many days per week did you drink during pregnancy? _____ (a)
- On an average drinking day during pregnancy, how many drinks did you have? _____ (b)
- How many days per month did you have 4 or more drinks during pregnancy? _____ (c)
- What is the most you had to drink on any one day during pregnancy? _____ (d)
- What is a drink? Alcohol % _____ Drink vol _____
- How many cigarettes per day _____
- How many days per week _____

Calculate Exposure Parameters

(Cumulative exposure during pregnancy)

Pregnancy Drinking Days = (a x 40) = _____ (e)
Estimates number of drinking days during pregnancy.

Percentage of Days Exposed During Pregnancy = (e ÷ 280) = _____
Estimates days exposed during pregnancy.

Number of Binge Days = (c x 9) = _____
(4 or more drinks in one day)
Estimates numbers of binge days.

Number of Drinks During Pregnancy = (a x b x 40) = _____ (f)
Estimates cumulative number of drinks during pregnancy.

Ounces of absolute alcohol = (f ÷ 2) = _____
Estimates cumulative absolute alcohol exposure during pregnancy.

Smoking days exposed _____

Basic Cognitive Skills in Adolescents and Adults with FASD

Characteristics	Grade Level
Reading	5.0
Reading comprehension	4.5
Oral Comprehension	5.0
Area Affected	Percentage
Memory	80%
Attention (ADHD)	75%
Executive Function Impairments	80%