

FASD: Mothers



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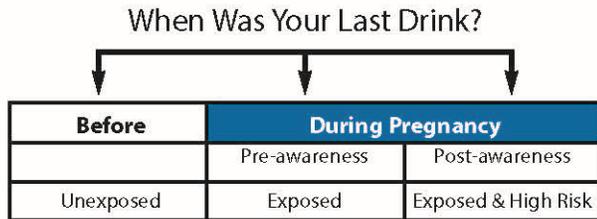
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Fetal Exposure Assessment

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

0

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

Score
Add 20 if checked

0

- ___ 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

0

- ___ 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

0

Score	Risk Category	Recommendations	TOTAL SCORE
0	None	Standard prenatal care	<div style="border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center;"> 0 </div>
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%

MATERNAL IMPAIRMENT CHECKLIST

	Check all concerns
LEARNING/EDUCATION	
Doesn't listen well	
Disorganized	
Loses important things	
Can't plan ahead	
Impulsive	
Below average IQ	
Reading deficits	
Low math skills	
Was in special education	
Repeated a grade in school	
Quit school	
History of ADHD	
MENTAL HEALTH	
Depression	
Anxious	
Argues frequently	
Bad temper	
Easily overwhelmed	
Can't complete anger management	
Can't complete parenting class	
Does not have medications	
Avoids difficult situations	
Can't get up in morning	
Won't go to bed on time	
Motivation is impaired	
FAMILY HISTORY	
Prenatal alcohol/drug exposure	
Was in foster care	
More than 5 foster homes	
Abused	
SUBSTANCE ABUSE	
Current alcohol use	
Current drug use	
Same problems over 5 year period	
Substance abuse treatment 2 or more times	
Date of last drink	
CONCERNS	
Lives with partner who is unsafe around children	
Limited parenting skills	
Can't operate household	
Home cleaning	
Food preparation	
Abusive relationship	
Lives with drug/alcohol users	
In jail/prison	
On probation	
RESOURCES	
No home	
Low/no income	
Transportation problems	
Few/no capable friends	
No family help	
Won't accept help from family	
Total	

Talking about Alcohol

Instead, say: "I...
"We...
"Together...
"We can..."

Sit down to talk



Where Are We At?

How does drinking help? (try for 2 or 3)

What problems does drinking cause?
(try for 2 or 3)

Could you cut down? Y N Maybe

Could you stop? Y N Maybe

Reducing Risk

What would be most helpful for you?
(try for 2 or 3)

Who can we get to help us?

Close friend

Relative

AA sponsor

Can we make it through today?

Y N Maybe

Followup

How can we stay in touch?

Let's get together again on _____