FASD: Mothers

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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

Assessment of Exposure During Pregnancy

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

(Putative 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 = (axbx40) = ______ (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
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Reading | 5.0
Reading comprehension | 4.5
Oral Comprehension | 5.0

Area Affected | Percentage
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Memory | 80%
Attention (ADHD) | 75%
Executive Function Impairments | 80%
### 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

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Check all concerns
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 ____________________________