

Alcohol use and pregnancy: Fetal Alcohol Spectrum Disorder (FASD)

Webinar

Presented by

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Mental Health and Substance Use



Before we get started...

❓ Questions/comments “Q&A” “Chat”

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🏆 Live viewers remember: Complete CPD assessment at conclusion of webinar



Alcohol Use in Pregnancy: Fetal Alcohol Spectrum Disorders (FASD)

Presented by:

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National Drug and Alcohol Research Centre (NDARC), University of New South Wales (UNSW), Australia

We acknowledge the Traditional Owners of country throughout Australia and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and emerging.

Introduction



- ▶ **Today's webinar will focus on:**
 - ▶ Alcohol use in Pregnancy
 - ▶ Brief History and Prevalence of FASD (including priority groups and people at increased risk)
 - ▶ Diagnosis and Screening
 - ▶ Prevention
 - ▶ Management and Support
 - ▶ Case study example
 - ▶ Questions
- ▶ This encompasses four of the key national priorities of the FASD Strategic Action Plan 2018-2028 (Dept of Health, 2018), which aims to **improve the quality of life for children and adults who have FASD.**

Prevalence of Alcohol Use in Australia

- ▶ Current Australian guidelines recommend that women abstain from alcohol when planning a pregnancy, during their pregnancy, and when breastfeeding, as no safe level of alcohol consumption has been established (NHMRC, 2009).
- ▶ Despite this, alcohol use is common among women in Australia.
- ▶ 2016 National Drug Strategy Household Survey :
 - ▶ ~47% consumed alcohol before knowing they were pregnant
 - ▶ 1 in 4 continued to drink once they became aware of their pregnancy
 - ▶ ~10% make no reduction in their consumption pattern



(AIHW, 2017)

Variation in the impacts of alcohol exposure



Prenatal exposure at moderate levels (3-4 drinks per occasion), or higher levels, increases the risk, type and severity of child problems.

Factors that may influence variation in the consequences of maternal drinking:

- ▶ Maternal drinking pattern (heavy binge drinking particularly harmful)
- ▶ Differences in maternal metabolism
- ▶ Differences in genetic susceptibility
- ▶ Timing of the alcohol consumption during pregnancy (exposure in the early weeks of pregnancy may be particularly harmful)
- ▶ Variation in the vulnerability of different brain regions

History of FASD

- ▶ In 1973, the term *Fetal Alcohol Syndrome* (FAS) was coined by Jones and Smith.
- ▶ By 2000 it was recognised that alcohol exposure in utero may result in neurodevelopmental problems in the absence of facial and other physical features and the term *Fetal Alcohol Spectrum Disorder* (FASD) was coined.
- ▶ FASD is a diagnostic term for a range of physical, cognitive, behavioural and neurodevelopmental abnormalities which results from maternal drinking in pregnancy.
- ▶ FASD is used as an 'umbrella' term to encompass the diagnostic categories of Fetal Alcohol Syndrome, partial Fetal Alcohol Syndrome, Alcohol-Related Neurodevelopmental Disorder and Alcohol-Related Birth Defects.

Fetal Alcohol Spectrum Disorder (FASD)

Fetal
Alcohol
Syndrome

Partial
Fetal
Alcohol
Syndrome

Alcohol-
Related
Neuro-
developmental
Disorder

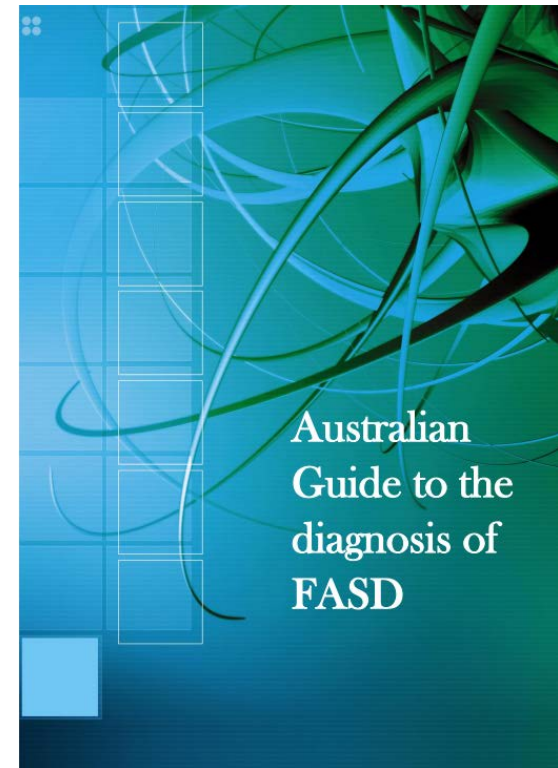
Alcohol-
Related
Birth
Defects

Prevalence of FASD

- ▶ Nationally, estimates based on state and territory data indicate likely rates at 0.01 to 0.60 per 1,000 births in the total population (Hidden Harm, 2012).
- ▶ This is likely to be an underestimate, and it has been suggested that ~2% of all Australian babies may be born with some form of FASD.
- ▶ However, there are vulnerable populations with disproportionately high rates of FASD.
- ▶ For Aboriginal and Torres Strait Islander Australians, the incidence of FASD may range from 1.87 to 4.7 per 1,000 births.
- ▶ Fitzroy Valley Indigenous community: 194/1,000 births diagnosed from 2002-2003 (Fitzpatrick, 2015).
- ▶ Juvenile justice system: 36% of 10-18 years olds at Banksia Hill Detention Centre (WA) diagnosed with FASD (Bower, 2018).

Diagnosis and Screening

- ▶ https://www.fasdhub.org.au/siteassets/pdfs/australian-guide-to-diagnosis-of-fasd_all-appendices.pdf



(Bower & Elliott, 2016)

Diagnosis

- ▶ The diagnosis emphasises the importance of severe neurodevelopmental impairment that results from acquired brain injury caused by prenatal alcohol exposure (PAE).
- ▶ Formal diagnosis is complex and ideally requires a multidisciplinary clinical team to evaluate individuals for:

1. Confirmation of alcohol exposure during pregnancy

2. Neurodevelopmental problems

(severe impairments due to abnormal development of the brain and central nervous system)

3. Facial abnormalities

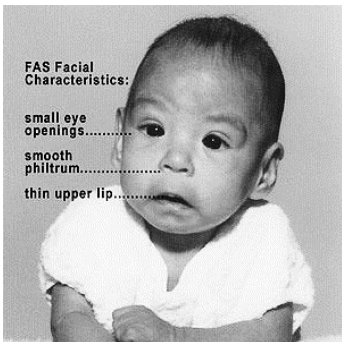
in the context of general a physical and developmental assessment

Diagnosis continued..

- ▶ *Australian Guide to the diagnosis of FASD* recommends that the diagnosis is divided into one of two sub-categories:

- ▶ FASD with three sentinel facial features (without a requirement for growth impairment);
- ▶ FASD with less than three sentinel facial features.

- ▶ Facial features associated with FASD:



- ▶ Small palpebral fissures (short horizontal length of the eye opening)
- ▶ Smooth philtrum (little or no ridges between the upper lip and nose)
- ▶ Thin upper lip (with small volume)

FETAL ALCOHOL SPECTRUM DISORDER		
Diagnostic criteria	Diagnostic categories	
	FASD with 3 Sentinel Facial Features	FASD with < 3 Sentinel Facial Features
Prenatal alcohol exposure	Confirmed or unknown	Confirmed
Neurodevelopmental domains <ul style="list-style-type: none">- Brain structure/Neurology- Motor skills- Cognition- Language- Academic Achievement- Memory- Attention- Executive Function, including impulse control and hyperactivity- Affect Regulation- Adaptive Behaviour, Social Skills or Social Communication	Severe impairment in at least 3 neurodevelopmental domains	Severe impairment in at least 3 neurodevelopmental domains
Sentinel facial features <ul style="list-style-type: none">- Short palpebral fissure- Smooth philtrum- Thin upper lip	Presence of 3 sentinel facial features	Presence of 0, 1 or 2 sentinel facial features

Co-morbid conditions

- ▶ **FASD may be associated with a wide range of co-morbidities. These include:**
 - ▶ Developmental and behavioural conditions e.g. Language disorders, ADHD, anxiety disorders, Autism Spectrum Disorder
 - ▶ Genetic (chromosomal) abnormalities
 - ▶ Congenital malformations



Consequences of FASD



► Physical and functional difficulties

- Changes to the architecture of the brain, its structure and neuronal networks
- Damage to brain functions including attention, communication, sensory processing, self-regulation, impulse control
- May lead to the later development of mood and behavioural regulation difficulties linked to mental health difficulties

► Environment influences

- Parenting and/or educational support services t\do not match needs
- Early trauma and adversity

Consequences of FASD



- ▶ **FASD has lifelong consequences and can lead to significant impairments including:**
 - ▶ Difficulties accessing education services
 - ▶ Substance use
 - ▶ Mental health problems
 - ▶ Difficulties living independently
 - ▶ Problems obtaining and maintaining employment
 - ▶ Involvement in the justice system
 - ▶ Lowered life expectancy

Importance of screening

- ▶ Health professionals play a crucial role in FASD prevention – more than 50% of women identify health professionals as their preferred information source about alcohol use in pregnancy (Elliott, 2015).
- ▶ 45% of doctors routinely asked about alcohol consumption in pregnancy and only 25% routinely provided information about the potential consequences of alcohol use in pregnancy. Only 13% of GPs provided advice consistent with the current Australian Guidelines (Payne, 2015).
- ▶ Pre-pregnancy counseling to provides an opportunity to:
 - ▶ Discuss alcohol consumption with women and their partners
 - ▶ Identify and assist women who are at risk to access treatment and increased support to reduce the risk of alcohol related harm to the fetus



(Elliott, 2018)

Screening with the AUDIT-C

- ▶ The AUDIT-C is a modified version of the 10 questions AUDIT instrument.
- ▶ It can be used to identify potential risk of hazardous drinking behaviour or alcohol use disorders.
- ▶ Stigma and fear of negative consequences may cause women to under-report alcohol consumption during pregnancy.

1. How often do you have a drink containing alcohol?

- ☐ a. Never
- ☐ b. Monthly or less
- ☐ c. 2-4 times a month
- ☐ d. 2-3 times a week
- ☐ e. 4 or more times a week

2. How many standard drinks containing alcohol do you have on a typical day?

- ☐ a. 1 or 2
- ☐ b. 3 or 4
- ☐ c. 5 or 6
- ☐ d. 7 to 9
- ☐ e. 10 or more

3. How often do you have six or more drinks on one occasion?

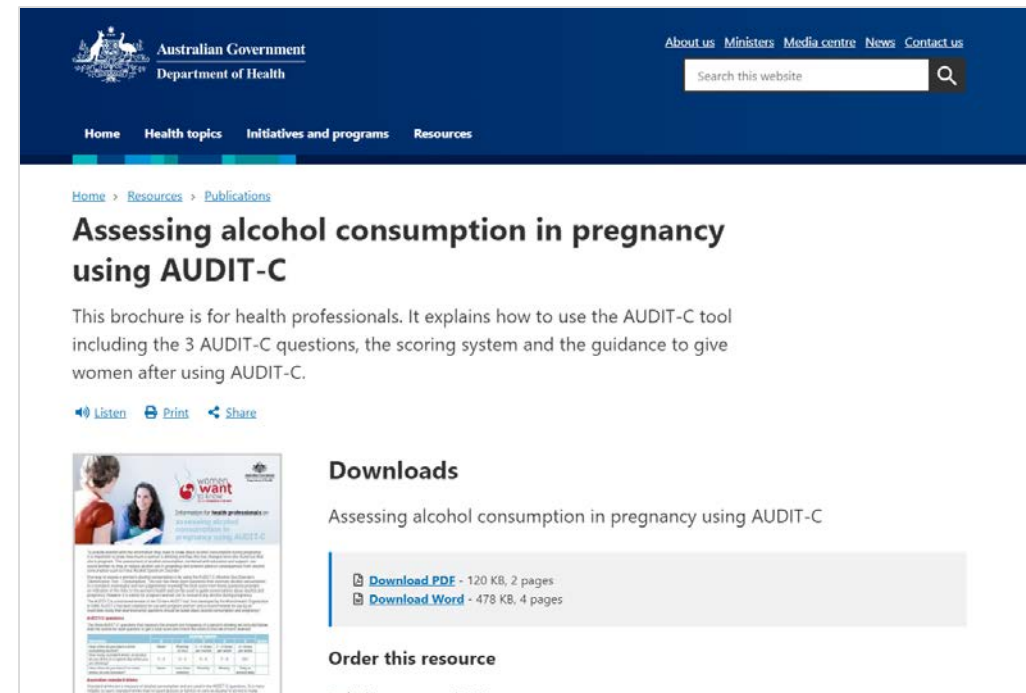
- ☐ a. Never
- ☐ b. Less than monthly
- ☐ c. Monthly
- ☐ d. Weekly
- ☐ e. Daily or almost daily

Screening with the AUDIT-C

AUDIT-C

One way to assess a woman's alcohol consumption is by using the AUDIT-C (Alcohol Use Disorders Identification Test – Consumption). This tool has three short questions that estimate alcohol consumption in a standard, meaningful and non-judgemental manner.

[alcohol.gov.au/internet/
alcohol/publishing.nsf/Content/wwtk-audit-c](http://alcohol.gov.au/internet/alcohol/publishing.nsf/Content/wwtk-audit-c)



The screenshot shows the Australian Government Department of Health website. The header includes the Australian Government logo, the Department of Health name, and navigation links: About us, Ministers, Media centre, News, and Contact us. A search bar is also present. The main navigation bar includes Home, Health topics, Initiatives and programs, and Resources. The page title is 'Assessing alcohol consumption in pregnancy using AUDIT-C'. Below the title, a brief description states: 'This brochure is for health professionals. It explains how to use the AUDIT-C tool including the 3 AUDIT-C questions, the scoring system and the guidance to give women after using AUDIT-C.' There are links for Listen, Print, and Share. A 'Downloads' section offers two options: 'Download PDF - 120 KB, 2 pages' and 'Download Word - 478 KB, 4 pages'. An 'Order this resource' section is also visible at the bottom.

Prevention



- ▶ Factors associated with heavier alcohol consumption in pregnancy can include:
 - ▶ Limited information about the risks of alcohol consumption in pregnancy
 - ▶ Alcohol dependency
 - ▶ Other substance use
 - ▶ High life stress
 - ▶ Intimate partner violence
 - ▶ Mental health problems
 - ▶ Poverty
 - ▶ Malnourishment
 - ▶ Part of a community with social norms promoting drinking
 - ▶ Partner drinking
- ▶ Prevention of FASD therefore needs to include women alongside a focus on the broader relational, familial, social and cultural context.

(FASD Hub, 2018; McBride, 2011)

Management and Support



- ▶ Useful resources listed in the National Fetal Alcohol Spectrum Disorder (FASD) Strategic Action Plan 2018-2028 (Dept of Health, 2018)

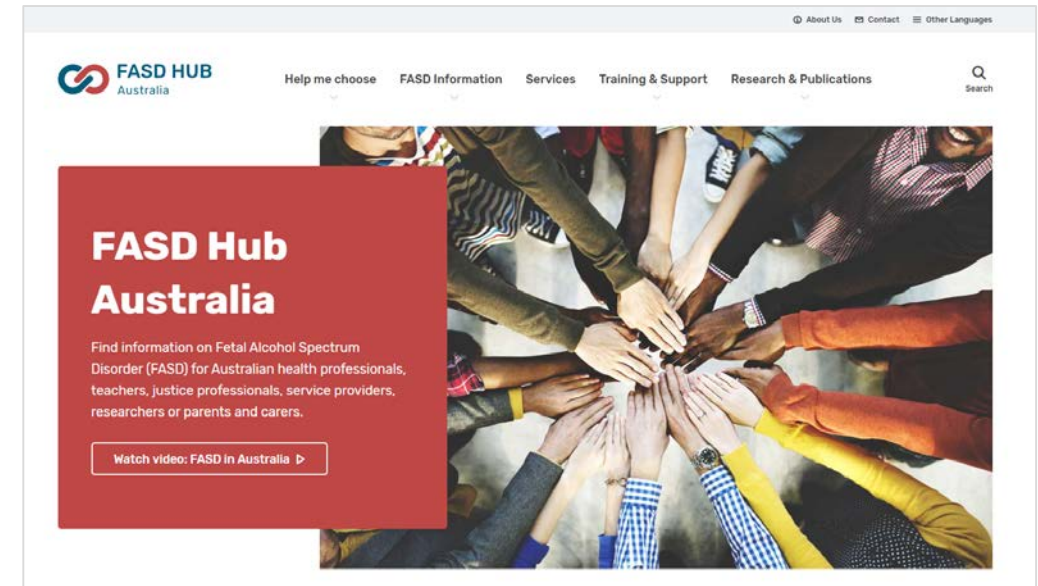
Management and Support continued..

FASD Hub

The FASD Hub is a one-stop shop for all information, tools, resources, research and consumer support about FASD in Australia.

The Hub is a repository for clinically accurate information, diagnostic tools, referral services, research and consumer information.

fasdhub.org.au

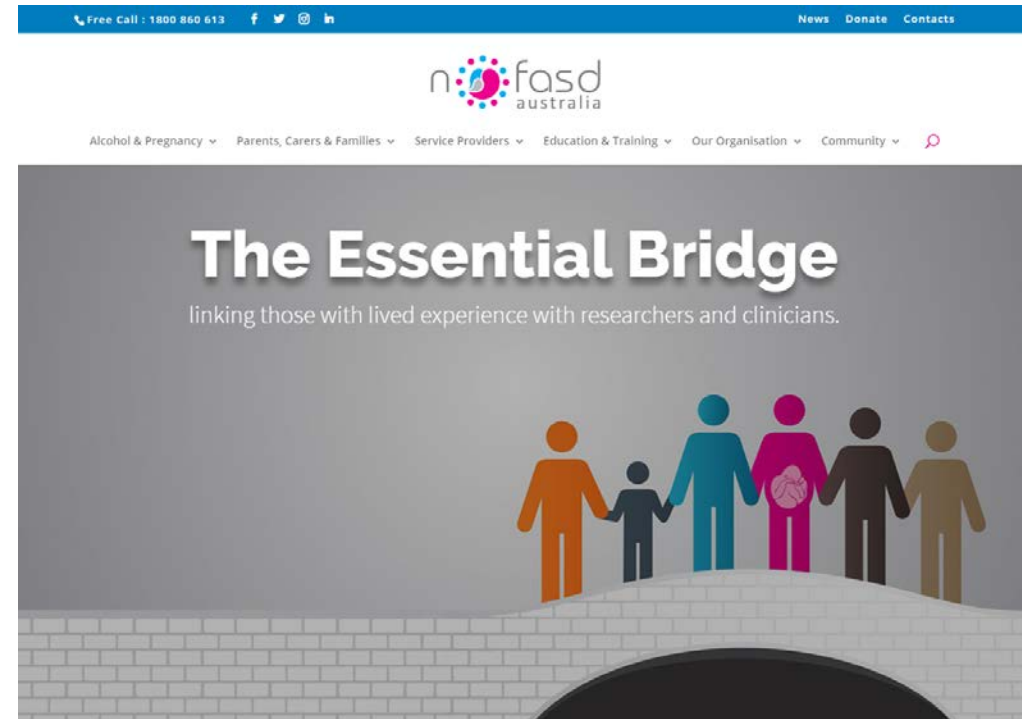


Management and Support continued..

NOFASD Australia

National Organisation for Fetal Alcohol Spectrum Disorder (NOFASD) Australia's mission is to provide a strong and effective voice for individuals and families living with FASD, while supporting initiatives across Australia to promote prevention, diagnosis, intervention and management.

nofasd.org.au



Management and Support continued..

Pregnant Pause

The 'Pregnant Pause' campaign encourages Australians to go alcohol free during their pregnancy, or the pregnancy of their partner, family member, friend or loved one.

pregnantpause.com.au

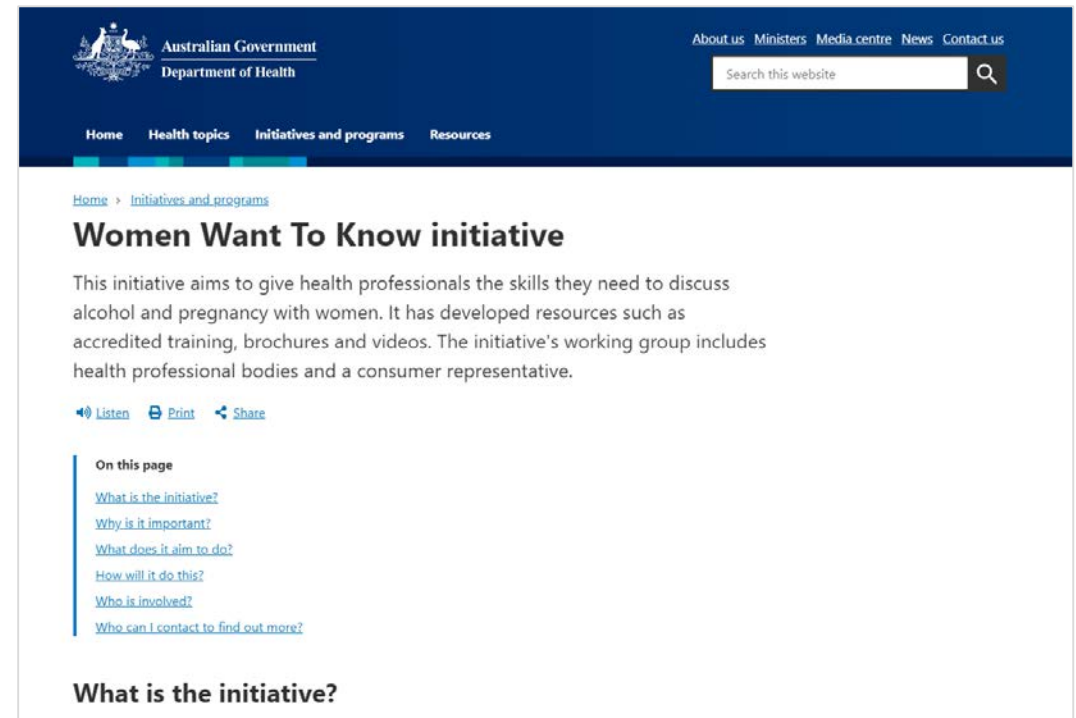


Management and Support continued..

Women Want to Know

The 'Women Want to Know' project encourages health professionals to routinely discuss alcohol and pregnancy with women and to provide advice that is consistent with the Australian Guidelines to Reduce Health Risks from Drinking Alcohol.

[http://alcohol.gov.au/
internet/alcohol/publishing.
nsf/Content/wwtk](http://alcohol.gov.au/internet/alcohol/publishing.nsf/Content/wwtk)



The screenshot shows the official website of the Australian Government Department of Health. The header includes the Australian Government logo, the Department of Health name, and navigation links for 'About us', 'Ministers', 'Media centre', 'News', and 'Contact us'. A search bar is also present. The main navigation menu includes 'Home', 'Health topics', 'Initiatives and programs', and 'Resources'. The page title is 'Women Want To Know initiative'. The introductory text states: 'This initiative aims to give health professionals the skills they need to discuss alcohol and pregnancy with women. It has developed resources such as accredited training, brochures and videos. The initiative's working group includes health professional bodies and a consumer representative.' Below this, there are icons for 'Listen', 'Print', and 'Share'. A section titled 'On this page' lists several links: 'What is the initiative?', 'Why is it important?', 'What does it aim to do?', 'How will it do this?', 'Who is involved?', and 'Who can I contact to find out more?'. The section 'What is the initiative?' is currently expanded.

Australian Government
Department of Health

About us Ministers Media centre News Contact us

Search this website

Home Health topics Initiatives and programs Resources

Home > Initiatives and programs

Women Want To Know initiative

This initiative aims to give health professionals the skills they need to discuss alcohol and pregnancy with women. It has developed resources such as accredited training, brochures and videos. The initiative's working group includes health professional bodies and a consumer representative.

[Listen](#) [Print](#) [Share](#)

On this page

- [What is the initiative?](#)
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- [How will it do this?](#)
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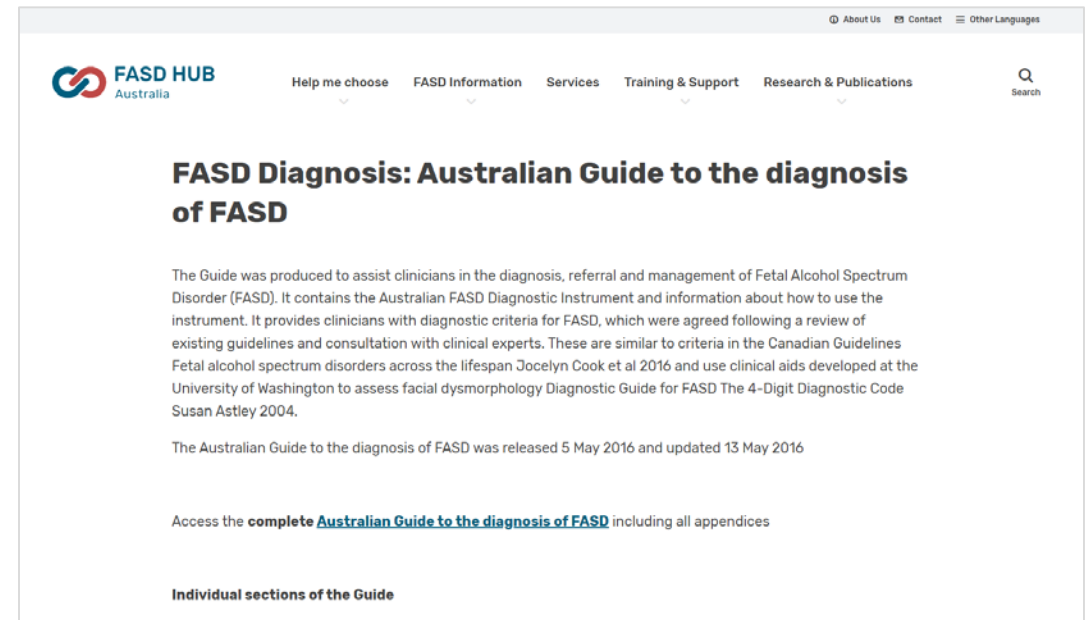
What is the initiative?

Management and Support continued..

Australian Guide to the diagnosis of FASD

The Australian Guide to the Diagnosis of FASD was produced to assist clinicians in the diagnosis, referral and management of Fetal Alcohol Spectrum Disorder. It contains the Australian Fetal Alcohol Spectrum Disorder (FASD) Diagnostic Instrument and information about how to use the instrument.

www.fasdhub.org.au/fasd-information/assessment-and-diagnosis/guide-to-diagnosis/



The screenshot shows the FASD HUB Australia website. The header includes the logo, navigation links (Help me choose, FASD Information, Services, Training & Support, Research & Publications), and a search icon. The main content area features the title 'FASD Diagnosis: Australian Guide to the diagnosis of FASD' and a paragraph describing the guide's purpose and content. It mentions that the guide was produced to assist clinicians in the diagnosis, referral, and management of Fetal Alcohol Spectrum Disorder (FASD) and contains the Australian FASD Diagnostic Instrument. It also notes that the guide was released in May 2016 and updated in May 2016. A link is provided to access the complete guide, including all appendices. The page also lists individual sections of the guide.

FASD Diagnosis: Australian Guide to the diagnosis of FASD

The Guide was produced to assist clinicians in the diagnosis, referral and management of Fetal Alcohol Spectrum Disorder (FASD). It contains the Australian FASD Diagnostic Instrument and information about how to use the instrument. It provides clinicians with diagnostic criteria for FASD, which were agreed following a review of existing guidelines and consultation with clinical experts. These are similar to criteria in the Canadian Guidelines Fetal alcohol spectrum disorders across the lifespan Jocelyn Cook et al 2016 and use clinical aids developed at the University of Washington to assess facial dysmorphology Diagnostic Guide for FASD The 4-Digit Diagnostic Code Susan Astley 2004.

The Australian Guide to the diagnosis of FASD was released 5 May 2016 and updated 13 May 2016

Access the **complete Australian Guide to the diagnosis of FASD** including all appendices

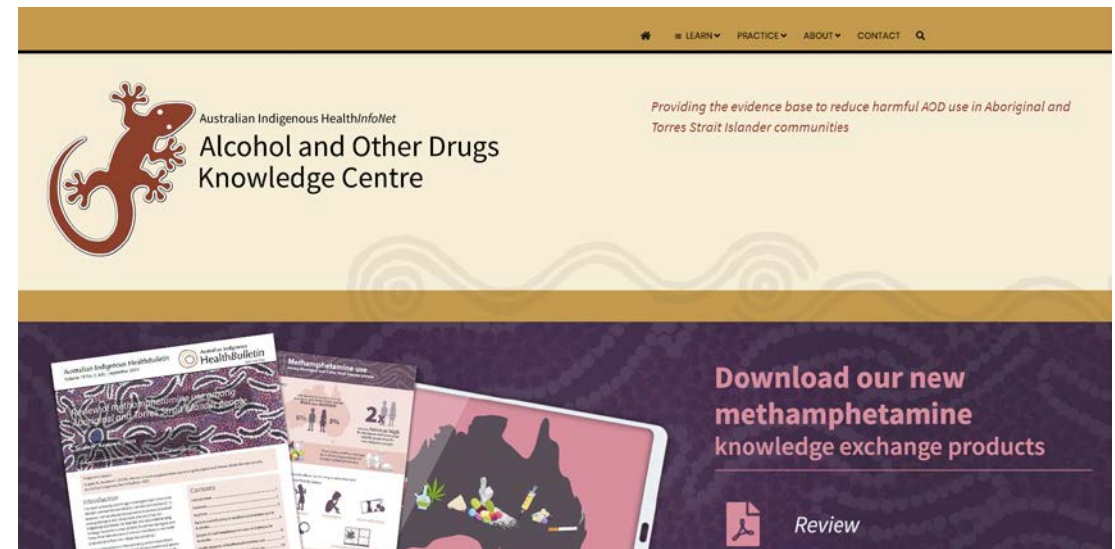
Individual sections of the Guide

Management and Support continued..

AOD Knowledge Centre

The Alcohol and Other Drugs Knowledge Centre was established by the Australian Indigenous HealthInfoNet in partnership with the National Drug Research Institute, the National Drug and Alcohol Research Centre and the National Centre for Education Training on Addiction.

aodknowledgecentre.ecu.edu.au/about/

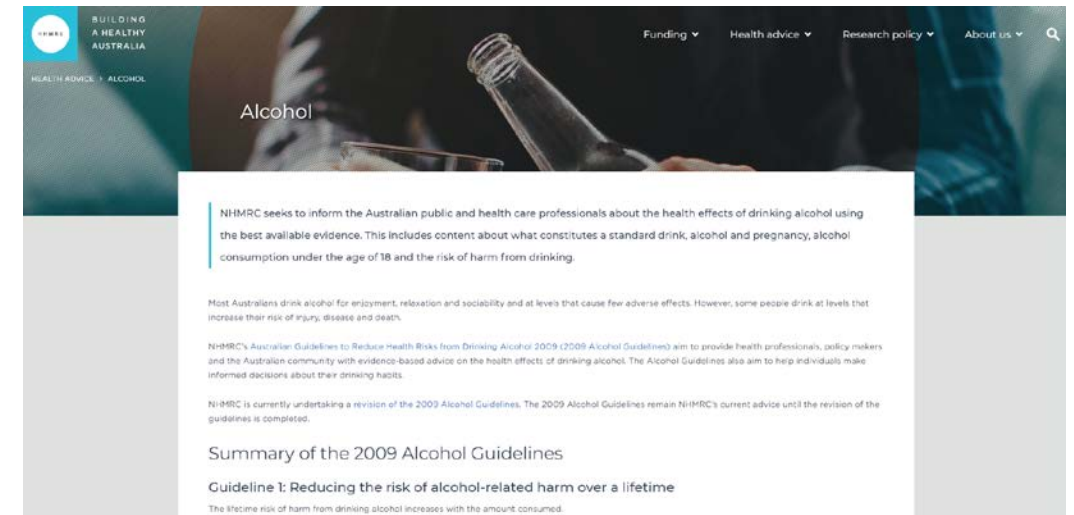


Management and Support continued..

Australian Guidelines to Reduce Health Risks from Drinking Alcohol

NHMRC's Australian Guidelines to Reduce Health Risks from Drinking Alcohol 2009 (2009 Alcohol Guidelines) aim to provide health professionals, policy makers and the Australian community with evidence-based advice on the health effects of drinking alcohol.

nhmrc.gov.au/health-topics/alcohol-guidelines



Management and Support continued..

FASD in Australia: An update

Monograph of the Intergovernmental
Committee on Drugs Working Party on
Fetal Alcohol Spectrum Disorders

[nationaldrugstrategy.gov.au/
internet/drugstrategy/
publishing.nsf/Content/ mono-fasd](http://nationaldrugstrategy.gov.au/internet/drugstrategy/publishing.nsf/Content/mono-fasd)

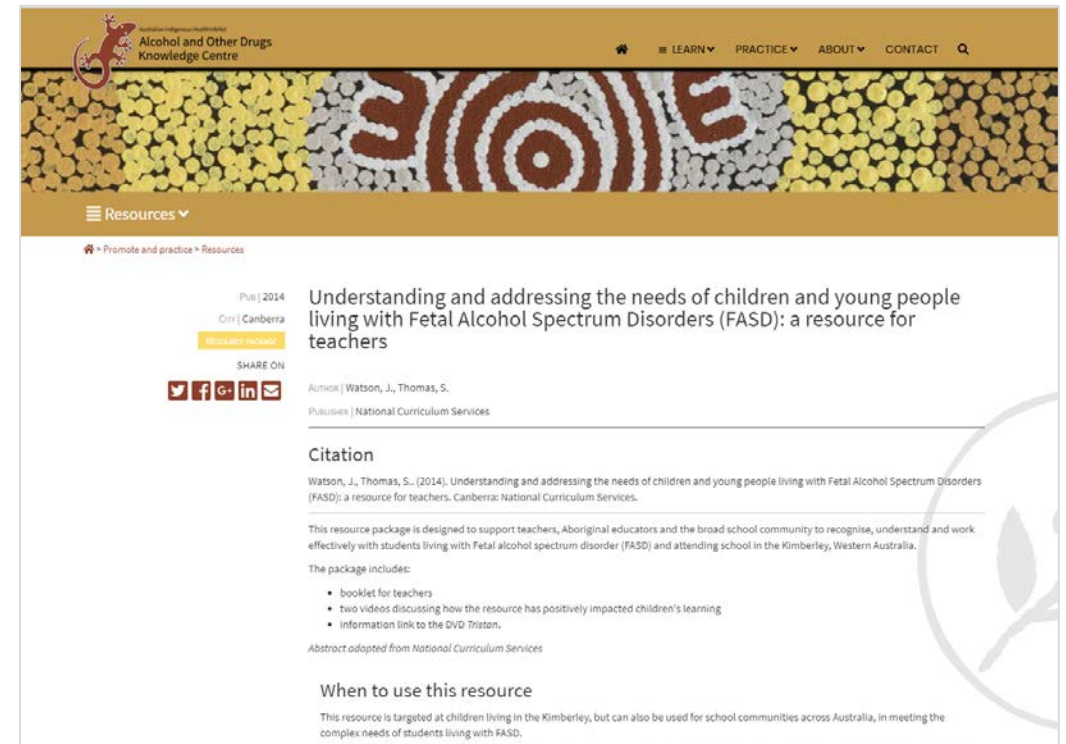


Management and Support continued..

Understanding and addressing the needs of children and young people living with FASD – A resource for teachers

This practical education resource is designed to support school leaders, teachers, Aboriginal educators and the broader school community to recognise, understand and work effectively with students living with FASD in schools.

kimberleyfasdresource.com.au/pdf/FASD_ResourceForTeachers.pdf



The screenshot shows the website of the Alcohol and Other Drugs Knowledge Centre. The header includes the organization's name and a navigation menu with links for LEARN, PRACTICE, ABOUT, and CONTACT. A decorative banner with a yellow and brown pattern is below the header. The main content area features the title of the resource, 'Understanding and addressing the needs of children and young people living with Fetal Alcohol Spectrum Disorders (FASD): a resource for teachers', along with the author's name, 'Watson, J., Thomas, S.', and the publisher, 'National Curriculum Services'. A 'Citation' section provides the full citation details. Below this, a 'When to use this resource' section explains that the resource is targeted at children living in the Kimberley but can also be used for school communities across Australia. The page also includes a 'Resources' dropdown menu and a 'Share On' section with social media icons.

Alcohol and Other Drugs Knowledge Centre

LEARN PRACTICE ABOUT CONTACT

Resources

Promote and practice Resources

Pub | 2014
City | Canberra

Understanding and addressing the needs of children and young people living with Fetal Alcohol Spectrum Disorders (FASD): a resource for teachers

Author | Watson, J., Thomas, S.
Publisher | National Curriculum Services

Citation
Watson, J., Thomas, S. (2014). Understanding and addressing the needs of children and young people living with Fetal Alcohol Spectrum Disorders (FASD): a resource for teachers. Canberra: National Curriculum Services.

This resource package is designed to support teachers, Aboriginal educators and the broad school community to recognise, understand and work effectively with students living with Fetal alcohol spectrum disorder (FASD) and attending school in the Kimberley, Western Australia.

The package includes:

- booklet for teachers
- two videos discussing how the resource has positively impacted children's learning
- information link to the DVD Tristen.

Abstract adopted from National Curriculum Services

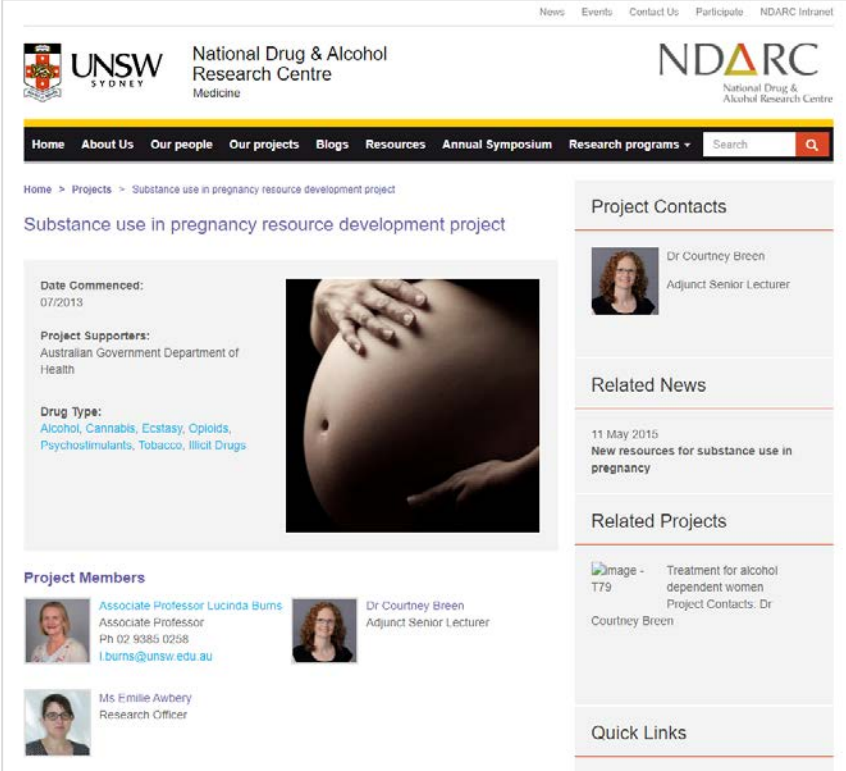
When to use this resource
This resource is targeted at children living in the Kimberley, but can also be used for school communities across Australia, in meeting the complex needs of students living with FASD.

Management and Support continued..

Substance use in pregnancy resource project

The National Drug and Alcohol Research Centre was engaged to develop a resource for the identification, management and, if appropriate, referral of women who are pregnant and have a substance misuse problem.

ndarc.med.unsw.edu.au/project/substance-usepregnancy-resourcedevelopment-project



The screenshot shows the NDARC (National Drug & Alcohol Research Centre) website. The header includes the UNSW Sydney logo and the NDARC logo. The navigation bar contains links: Home, About Us, Our people, Our projects, Blogs, Resources, Annual Symposium, Research programs, and a search bar. The breadcrumb trail reads: Home > Projects > Substance use in pregnancy resource development project. The main heading is "Substance use in pregnancy resource development project". Below this, there is a section with details: "Date Commenced: 07/2013", "Project Supporters: Australian Government Department of Health", and "Drug Type: Alcohol, Cannabis, Ecstasy, Opioids, Psychostimulants, Tobacco, Illicit Drugs". To the right of this text is a photograph of a pregnant woman's belly. Further down is a "Project Members" section with three members: Associate Professor Lucinda Burns, Dr Courtney Breen, and Ms Emilie Awbery. On the right side of the page, there are three sections: "Project Contacts" featuring Dr Courtney Breen, "Related News" with a link to "New resources for substance use in pregnancy" dated 11 May 2015, and "Related Projects" with a link to "Treatment for alcohol dependent women". At the bottom right is a "Quick Links" section.

UNSW SYDNEY National Drug & Alcohol Research Centre Medicine

NDARC National Drug & Alcohol Research Centre

Home About Us Our people Our projects Blogs Resources Annual Symposium Research programs Search

Home > Projects > Substance use in pregnancy resource development project

Substance use in pregnancy resource development project

Date Commenced: 07/2013

Project Supporters: Australian Government Department of Health

Drug Type: Alcohol, Cannabis, Ecstasy, Opioids, Psychostimulants, Tobacco, Illicit Drugs

Project Members

Associate Professor Lucinda Burns
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Dr Courtney Breen
Adjunct Senior Lecturer

Ms Emilie Awbery
Research Officer

Project Contacts

Dr Courtney Breen
Adjunct Senior Lecturer

Related News

11 May 2015
New resources for substance use in pregnancy

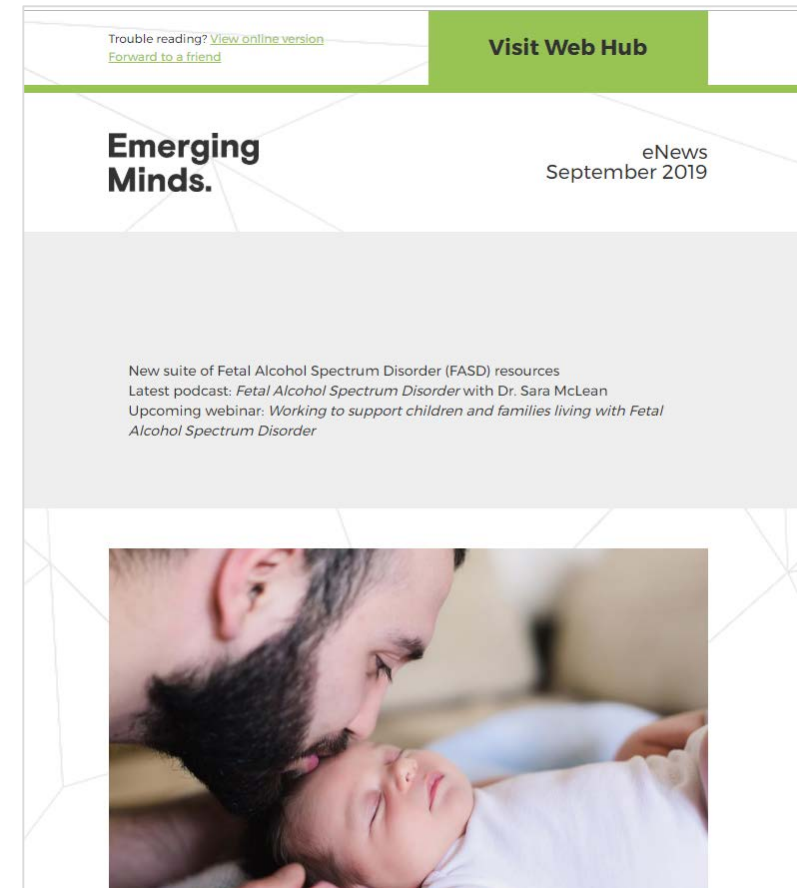
Related Projects

Image - T79
Treatment for alcohol dependent women
Project Contacts: Dr Courtney Breen

Quick Links

Emerging Minds

- ▶ New suite of Fetal Alcohol Spectrum Disorder (FASD) resources, including podcasts and webinars
- ▶ <http://emergingminds-use.cmail20.com/t/ViewEmail/j/E7AC0C3C1F31C8A32540EF23F30FEDED/C0D75E8BCF379AD85281BC0AA5ABFD98>



Case study example



Infancy Challenges

- ▶ Challenge 1
- ▶ Challenge 2
- ▶ Challenge 3

Case study example



Childhood Challenges

- ▶ Challenge 1
- ▶ Challenge 2
- ▶ Challenge 3

Case study example



Adolescent Challenges

- ▶ Challenge 1
- ▶ Challenge 2
- ▶ Challenge 3

Local services for FASD



– The Child Development Service, RNSH

- Tertiary multidisciplinary assessment for children 0-5 where developmental concerns are more serious or complex in nature, especially where early intervention doesn't appear to be working well

Address: L2, Community Health Centre, 2C Herbert St, St Leonards NSW 2065 Tel 02-9462 9288

Email NSLHD-CDS@health.nsw.gov.au website www.nslhd.health.nsw.gov.au/CYFH

– NSLHD Community Paediatrics

- For children 0-16 with developmental and behaviour problems
 - Hornsby Community Health Centre Ph 9987 3044
 - RNS-Ryde Community Health Building Ph 9462 9200
 - Northern Beaches Dalwood Children's Services Ph 9951 0300
 - Website www.nslhd.health.nsw.gov.au/CYFH
 - Substance Use in Pregnancy and Parenting Service Support and treatment for women who are using alcohol during their pregnancy

Local services for FASD



- For assistance selecting services see:
 - [Family Referral Service](#)
 - [NSLHD Child Youth and Family Health](#)
 - [NSLHD Child Youth and Mental Health Service \(CYMHS\)](#)
 - [SNHN Health Pathways](#) – See pages on ‘Family and Community Support’ and ‘Child at Risk’



Questions?



Contact: A/Prof Delyse Hutchinson delyse.hutchinson@deakin.edu.au

References

- ▶ Australian Government Department of Health. (2018). National Fetal Alcohol Spectrum Disorder (FASD) Strategic Action Plan 2018-2028. Commonwealth of Australia: Canberra.
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- ▶ Fitzpatrick J, Elliott E, Latimer J, et al. (2015) Prevalence of Fetal Alcohol Syndrome in a Population-based Sample of Children Living in Remote Australia: the Lillilwan Project. Journal of Paediatrics and Child Health. 2015 Apr;51(4):450-7.

Further info



For video recording and handouts of this webinar, visit <https://sydney.edu.au/research/centres/matilda-centre.html> and click on 'Workforce Training'



To complete CPD assessment (live viewers only) <https://www.surveymonkey.com/r/9MK2JYH>



Next Webinar

Date TBC November 2019