



In Canada, Fetal Alcohol Spectrum Disorder (FASD) with SFF or without SFF is **pervasive brain dysfunction** as a result of **prenatal alcohol exposure (PAE)**. **Pervasive brain dysfunction: severe impairment (>2 SD below the mean) in 3 of 10 or more Neurodevelopmental Domains.** **PAE: greater than 7 drinks per week or at minimum 2 binges at any point during pregnancy – including prior to knowledge of pregnancy. *There is no safe amount of alcohol in pregnancy.***

SCREENING

ALL caregivers should be asked about prenatal alcohol exposure and other prenatal substance use in a **supportive** and **non-judgemental** way.

Recognize your own biases in HOW, WHO and WHEN you ask:

- "Was your pregnancy planned or unplanned?"
- "How far along were you when you first become aware of your pregnancy?"
- "Before you were aware of the pregnancy, how much alcohol did you consume?"
- "After you discovered the pregnancy, how much did you continue drinking?"

PHYSICIAN ASSESSMENT

HISTORY

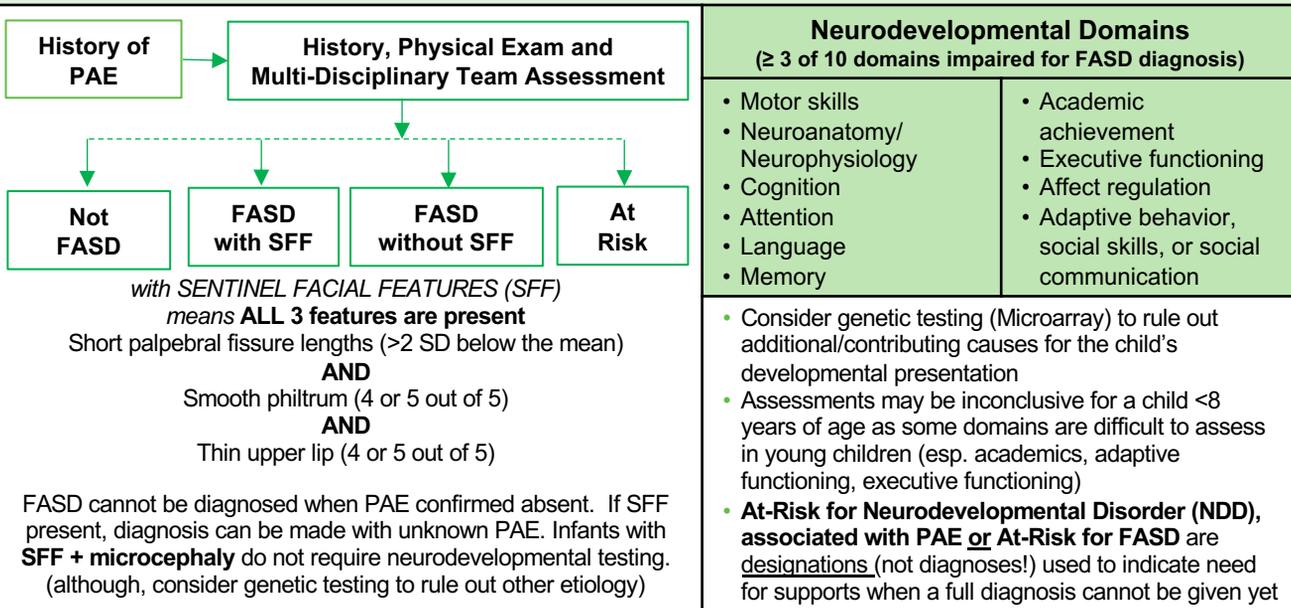
- **Birth history:** prenatal history, exposure to alcohol, drugs or cigarettes in utero, delivery, birth weight, post-partum complications, parental post partum mental health
- **Developmental History:** gross/fine motor, cognitive/learning, social-emotional, communication (speech/language), adaptive daily functioning (ADLs), *any regression?*
- **Review of Systems:** nutrition, seizures, sleep, hearing/vision, history of adversity/trauma/neglect, anxiety, mood, attention

EXAM

- Vitals, height, weight, head circumference
- Facial measurements to assess for SFF
- Dysmorphology exam
- Neurologic exam

PRESENTATION & DIAGNOSIS

Children may present to care for many different reasons including: known or suspected PAE **AND** problems with attention, hyperactivity, impulsivity, coordination, learning, mood, behavior, communication, social skills, daily functioning, etc.



Multi-Disciplinary Team:

- MD expert in FASD
- Occupational Therapist
- SLP
- Psychology
- Social Worker

MANAGEMENT (I-C-E)

Individual/Child Support: **optimize** general health (sleep, exercise, nutrition); mental health **support**; **build** on strengths

Caregiver Support: parenting **education**, mental health & addictions counseling, **advocacy** support

Education/Community Support: resource **navigation**, early intervention, school **engagement**, **transition** planning

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