

Fetal Alcohol Spectrum Disorder (FASD) – looking back, moving forward

Cutting Edge, Auckland 19th September, 2019



Elizabeth Elliott

Professor of Paediatrics and Child Health, University Sydney; Consultant Paediatrician, Sydney Children's Hospitals Network; NHMRC Practitioner Fellow; NOFASD Board; CICADA service – FASD Assessment Clinic; FASD Research Australia.

Looking back...



is important so we can realise how far we've come.....

Looking back...

Gin Lane, London, 18th Century



reminds us we have been slow to acknowledge truth, harms...

Ken Jones and David Smith 1973, FAS, Lancet



Dr. Kenneth Lyons Jones

Along with Dr. David Smith, discovered FAS in 1973

Looking back... women still haven't got the message about alcohol and pregnancy

FAS in Australia: Fact or Fiction, 2004



 Free Access

FAS in Australia: Fact or fiction?

EJ Elliott, C Bower

First published: 22 January 2004 | <https://doi.org/10.1111/j.1440-1754.2003.00281.x> | Cited by: 16

Looking back.... Australia has made great gains... but
we're not there yet

Fetal Alcohol Spectrum Disorder

*An acquired brain injury caused by **prenatal alcohol exposure** and characterised by severe, neurodevelopmental impairment.*

*Manifests as physical, developmental, learning and behavioural problems with **lifelong impacts**.*

***Outcomes modified** by Adverse Childhood Experiences (Early Life Trauma), family and community environment, opportunity*

SURELY WOMEN DON'T STILL DRINK ALCOHOL IN PREGNANCY?

**Doug Sellman, “A glass of wine in a woman’s hand
is the new symbol of success.”**

Alcohol use is common in pregnancy

National Drug
Strategy Household
Survey 2016

Detailed findings



- **WHO:** 10% (to 25%)
- **National household survey (2016)**
49% pre-aware (25% after)
- **AQUA (Victoria), Triple-B (NSW), HNE**
(60%, 18% binge pre-aware)
- **High risk Aboriginal communities**
- 55% high risk drinking
- Older women, higher SES & education continue

Popova, Muggli, McCormack, Fitzpatrick

Why do women drink during pregnancy?

Non-Indigenous women

30% Unaware of potential harm

20% tolerant attitude

Attitude not knowledge determines drinking

Peadon et al. 2008

Indigenous women

Stress from historic trauma (colonisation, dispossession, institutionalisation) and present disadvantage underlies drinking.

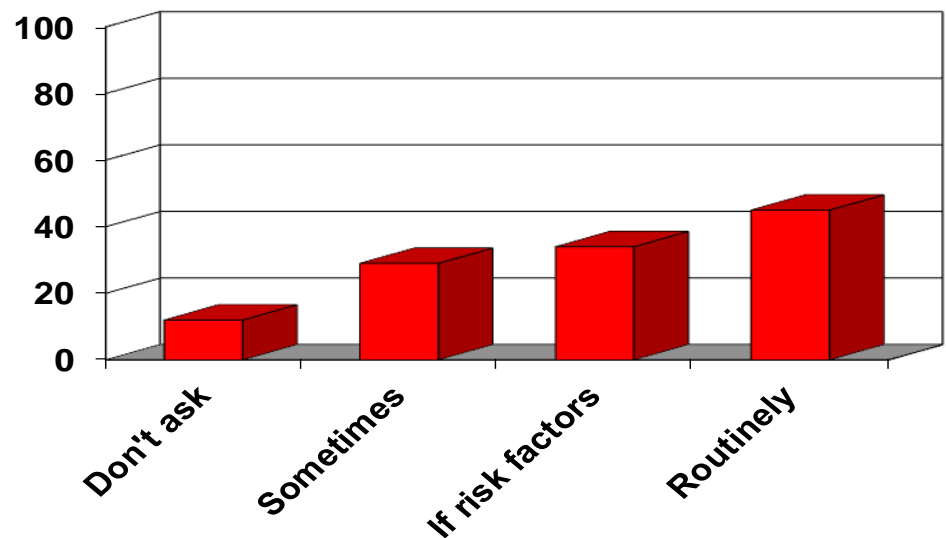
No shame, no blame

D'Antoine et al.



Alcohol in pregnancy is a 'taboo' subject for many health professionals

- Health professionals don't ask
 - Worried: angering, stigmatising, judging women and damaging the professional relationship (*Payne, Elliott*)
 - Don't know how to ask or record, have time, (*Mutch*)
- HP unaware of NHMRC guidelines (87%) (*Payne*)
- >95% women want HP to ask and advise (*Peardon*)





IF YOU ARE
PREGNANT...

...THE **SAFEST**
OPTION IS NOT
TO DRINK
ALCOHOL

For women who are pregnant or
planning a pregnancy,
not drinking is the safest option.

*NHMRC's Australian Guidelines to Reduce
Health Risks from Drinking Alcohol (2009)*

2009 guidelines (Elliott E)
2019 revised guidelines



Guidelines for the identification
and management of
substance use and substance
use disorders in pregnancy

Identification and management of alcohol use in pregnancy *WHO 2014 (Elliott Et al.)*

Ask all women

Advise on harms

Assist women to stop

Brief intervention

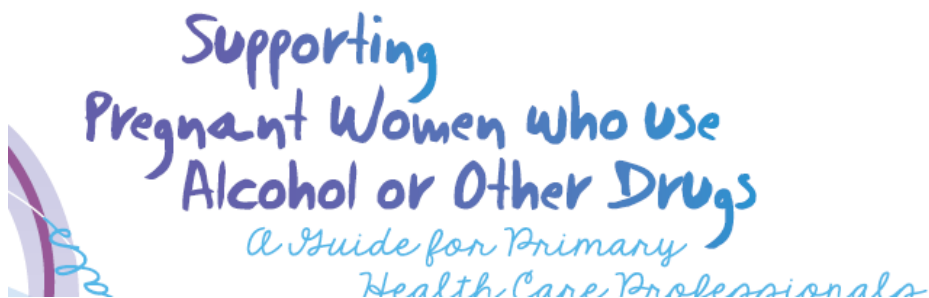
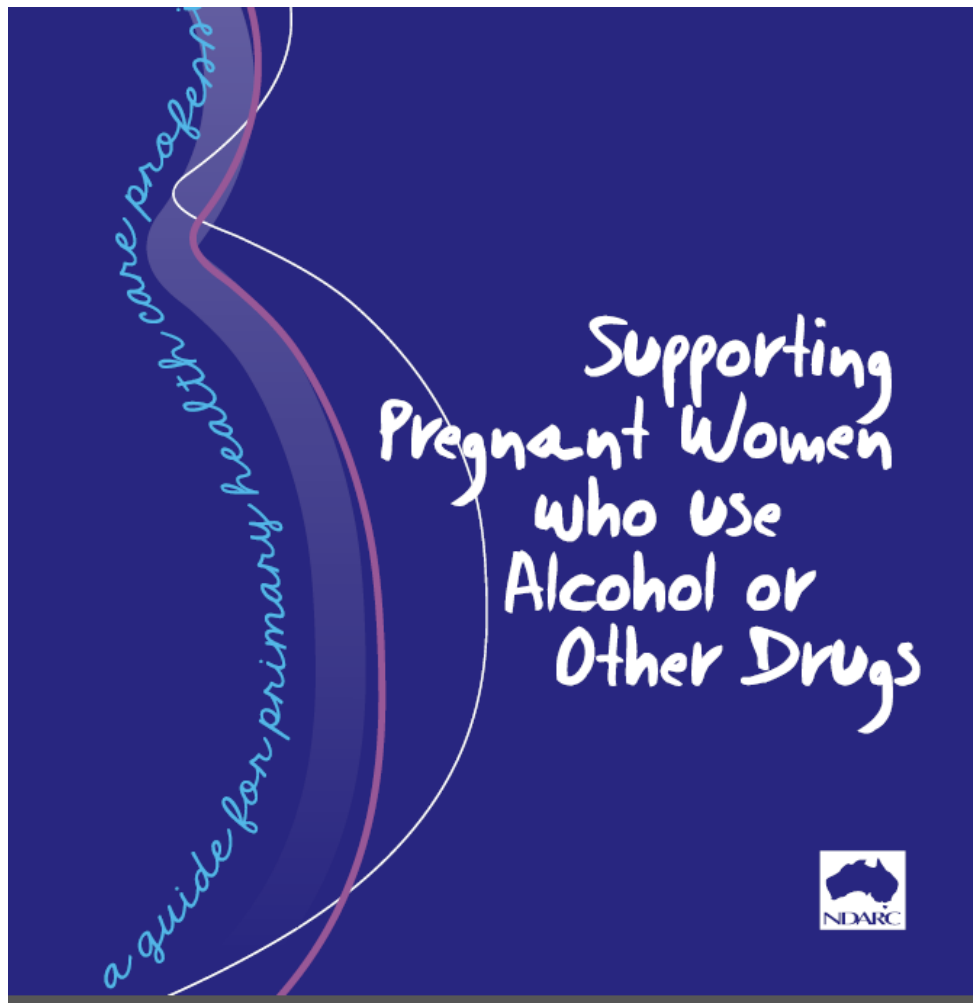
Detoxify

Treat infant withdrawal

Breastfeeding

Refer baby for assessment

[http://www.who.int/substance_
abuse/publications/pregnancy_
guidelines/en/](http://www.who.int/substance_abuse/publications/pregnancy_guidelines/en/)



**NDARC Guidelines for
supporting women using
alcohol in pregnancy**

WHY THE CONCERN ABOUT ALCOHOL USE IN PREGNANCY?

Looking back into pregnancy... helps explains current and future health and well-being....

Alcohol is neurotoxic, teratogenic, has epigenetic effects and any child exposed prenatally to alcohol is potentially at risk of harm.

.....we have a drinking culture, binge drinking in teens and young women, unplanned pregnancy, alcohol use in pregnancy.....



Alcohol in pregnancy harms the embryo & fetus



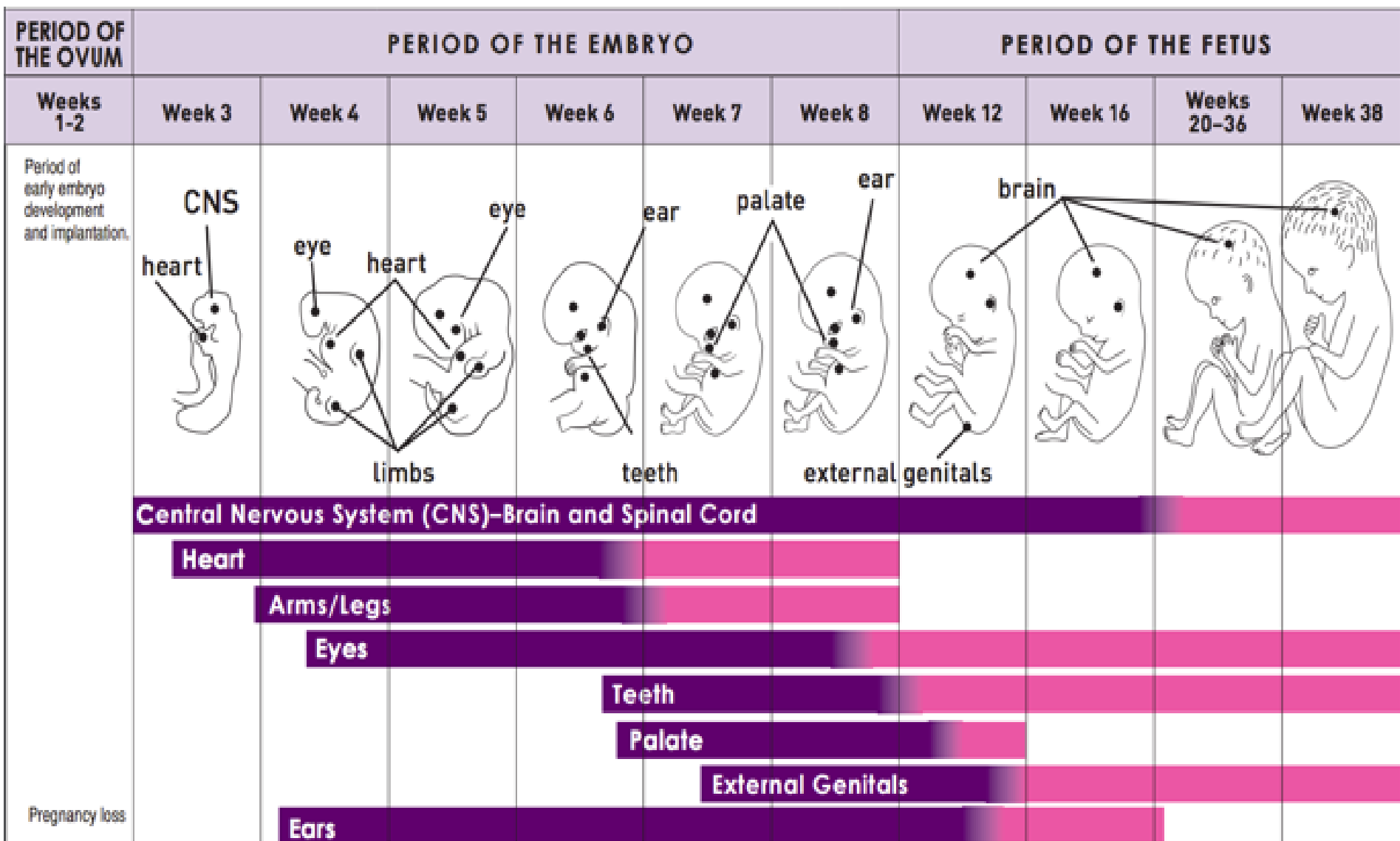
=



Peak maternal blood alcohol = fetal blood alcohol

Harm depends on dose, frequency, timing,
maternal and fetal factors; risk not predictable; no safe level.
Modified by other pre- and post-natal factors including genetics
(300-400 alcoholism genes), age, body composition,
stress, diet, other drugs.

Alcohol can injure the brain throughout pregnancy



 Period of development when major defects in bodily structure can occur.

 Period of development when major functional defects and minor structural defects can occur.

Adapted from Moore, 1993 and the National Organization on Fetal Alcohol Syndrome (NOFAS) 2009

*This fetal chart shows the 38 weeks of pregnancy. Since it is difficult to know exactly when conception occurs, health care providers calculate a woman's due date 40 weeks from the start of her last menstrual cycle.

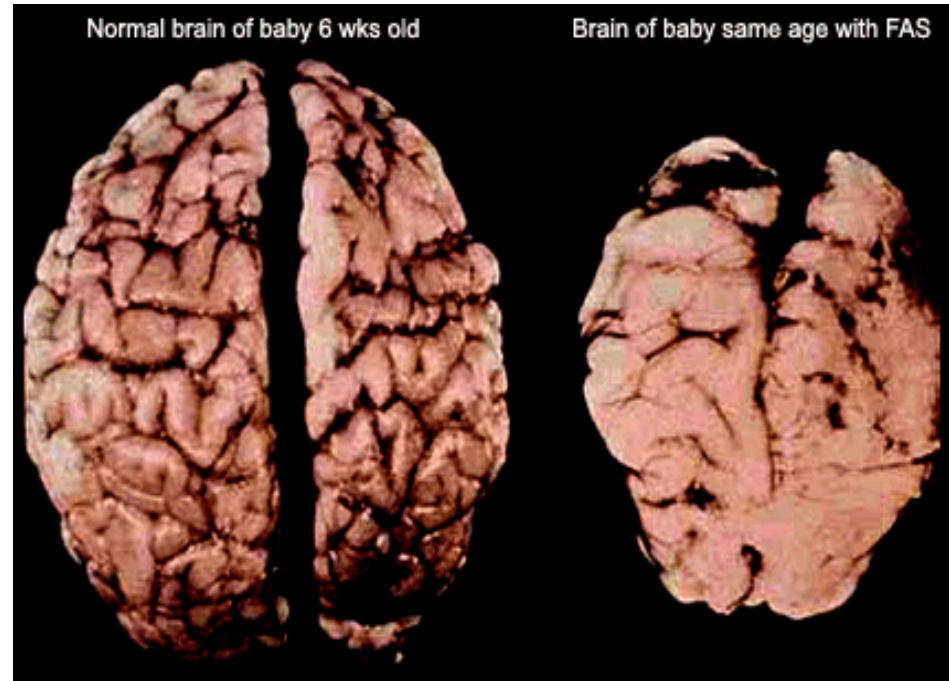
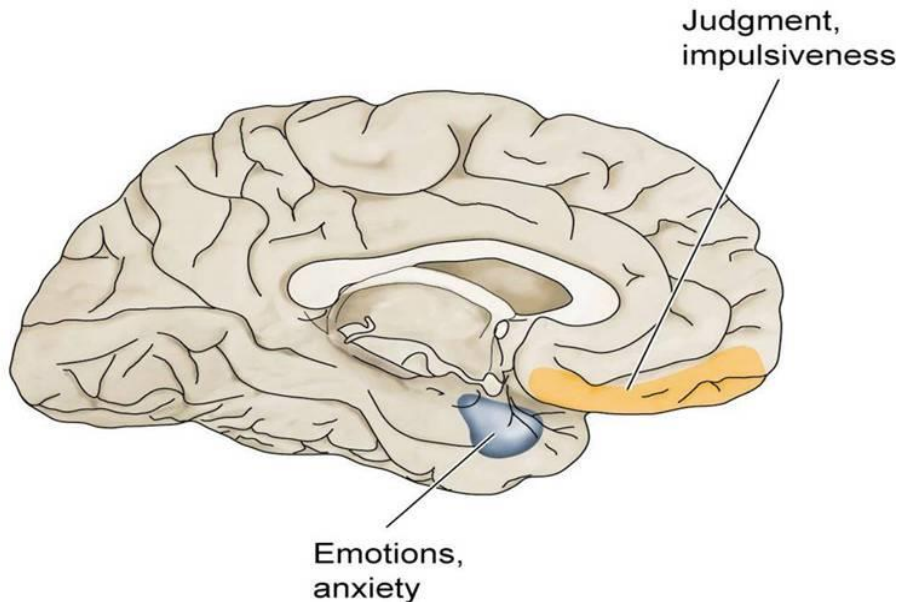
Prenatal alcohol exposure harms the mother, pregnancy and child

- Birth defects, Cerebral palsy, language delay, Intellectual disability, SIDS, somatic complaints, anxiety and depression (*O'Leary, data linkage WA*)
- Microcephaly (*Jansen, 2017*)
- Contact with child protection, justice, out-of-home care
- Poor school attendance, academic outcomes (*Hafekost, data linkage, WA, 2017*)
- **Fetal Alcohol Spectrum Disorder**

Fetal Alcohol Spectrum Disorder

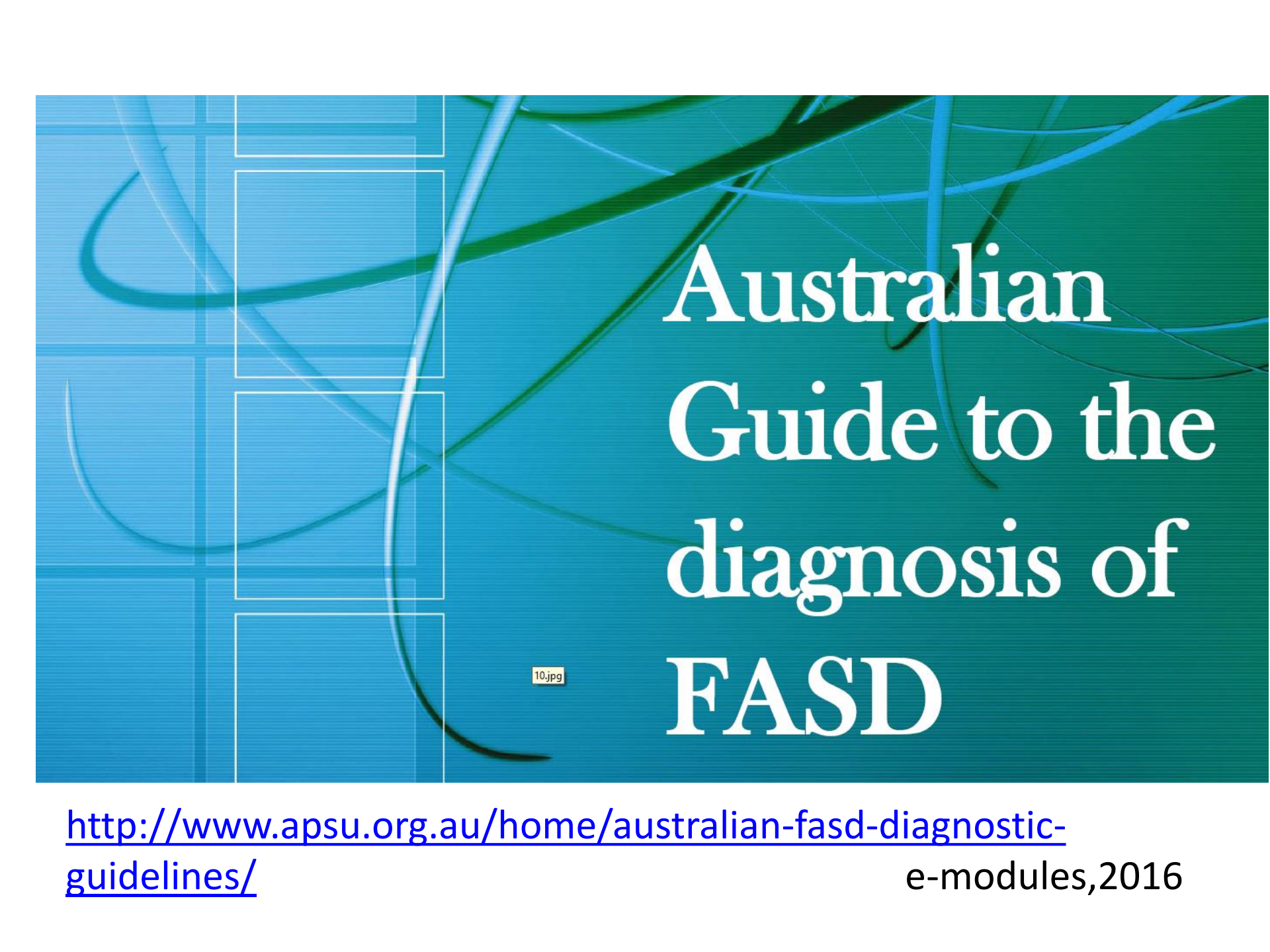
Alcohol damages the brain

- Structural change
- Brain dysfunction*
 - Learning, development, behaviour



- Characteristic face
- Birth defects
- Growth impairment

**HOW IS THE DIAGNOSIS OF FASD
MADE?**



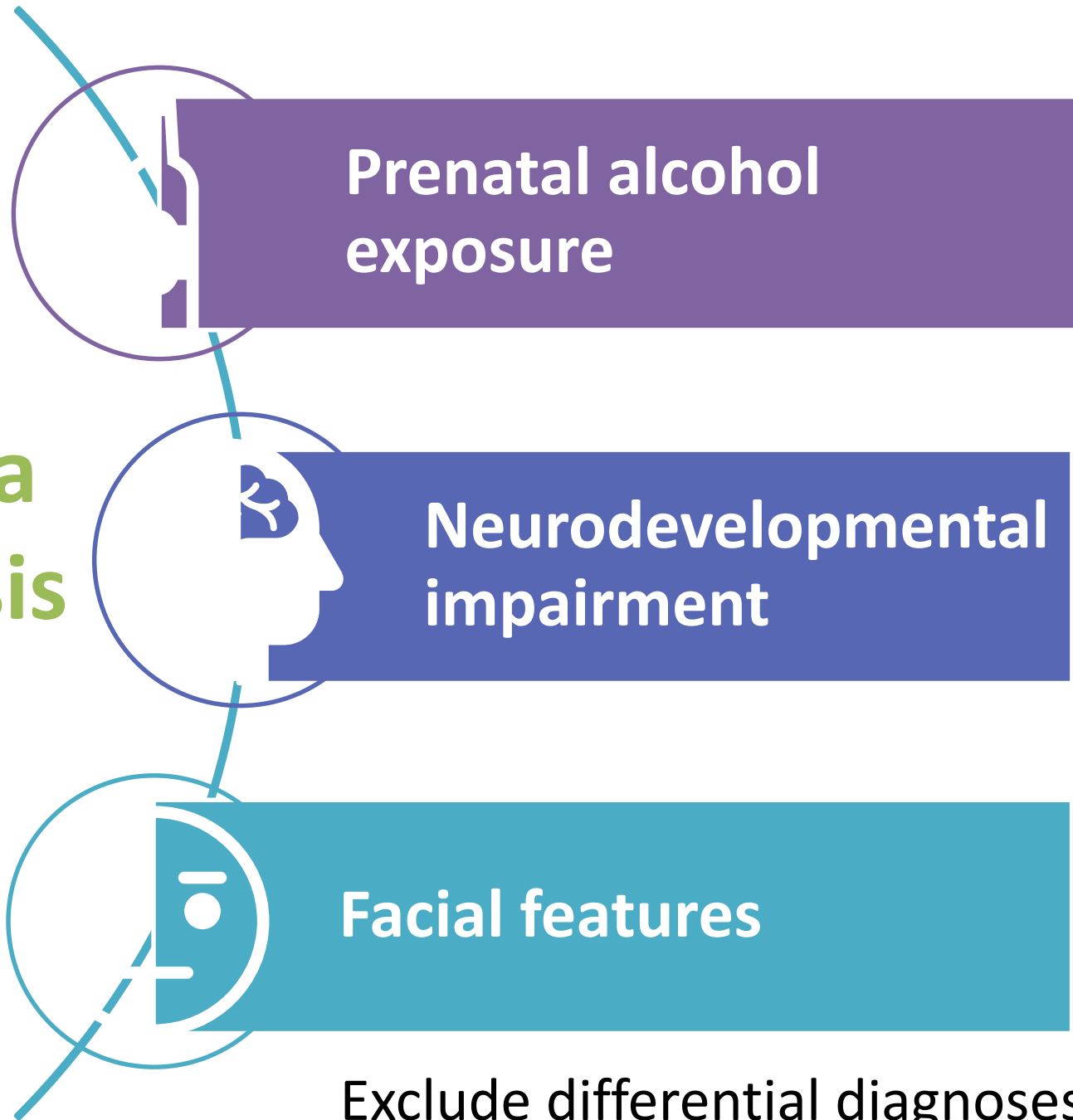
Australian Guide to the diagnosis of FASD

10.jpg

<http://www.apsu.org.au/home/australian-fasd-diagnostic-guidelines/>

e-modules, 2016

Key criteria for diagnosis of FASD



Exclude differential diagnoses

Prenatal alcohol exposure



Validated tool (*AUDIT-C*)
Standard drinks chart

Observed



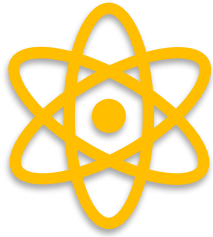


Records: maternity, Child Protection, Police records






- Dependence, alcohol related admission, violence, offence

Neurodevelopmental impairment (severe ≥ 3 domains)

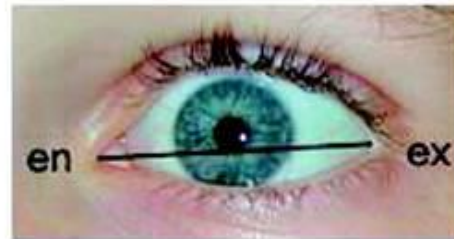
Multi-disciplinary team

SEVERE IMPAIRMENT IN
THREE OR MORE FUNCTIONAL
DOMAINS

				
Brain structure /neurology	Motor skills	Cognition	Language	Academic Achievement

				
Memory	Attention	Executive function, Impulse control Hyperactivity	Affect Regulation	Adaptive behaviour, Social skills, Social comm.

Alcohol is neurotoxic
Brain controls face
Timing, dose, duration PAE



Palpebral Fissure Length
endocanthion to exocanthion

FAS

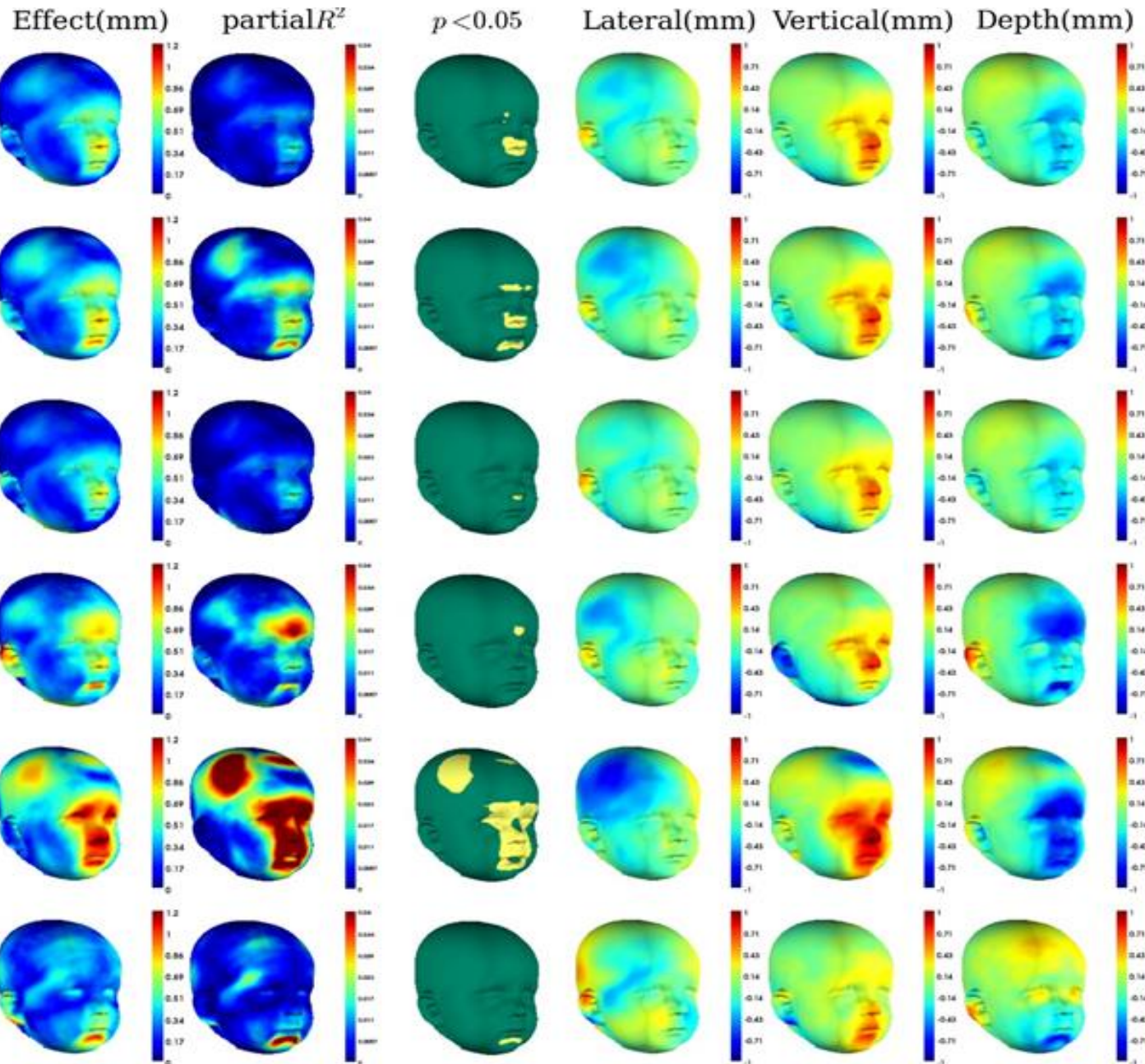


Lip-Philtrum Guides 1 & 2

The face of FASD
Sentinel facial features:
Short palpebral fissure,
Thin upper lip, Indistinct
philtrum



Regional effects of PAE on facial shape (3D)



Adverse Childhood Experiences: ACEs

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



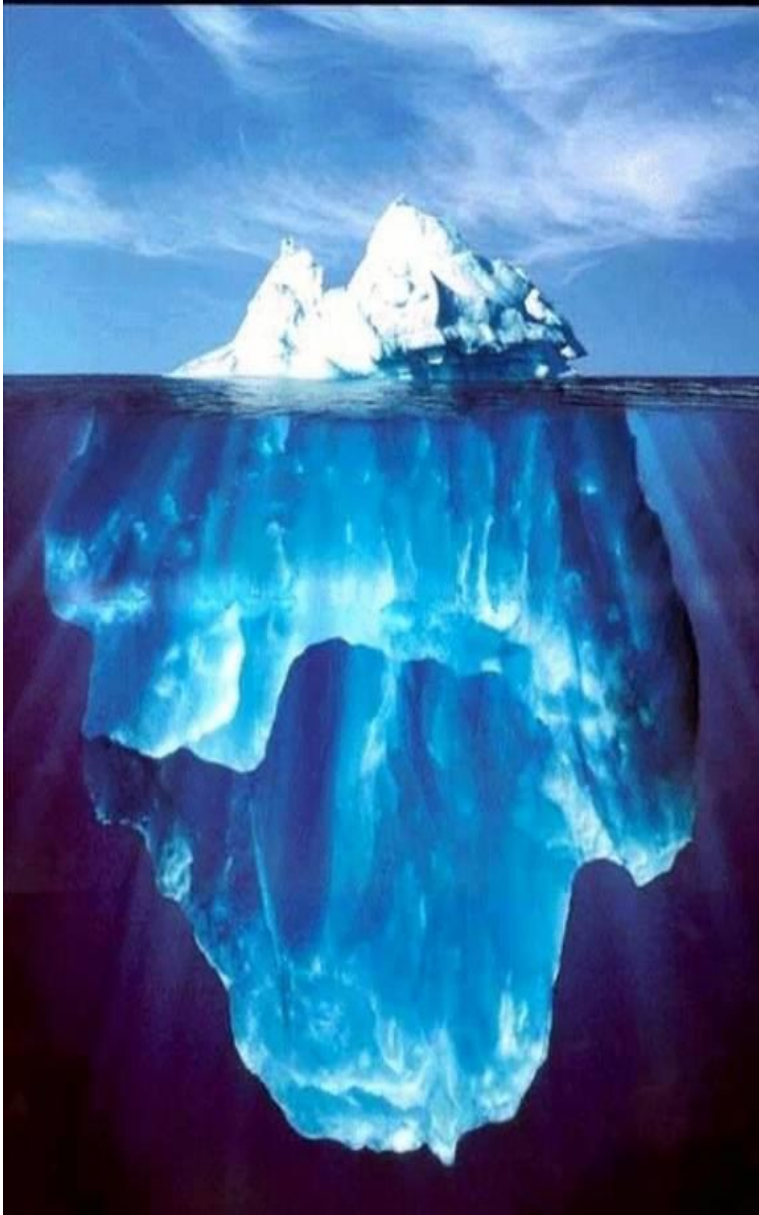
Substance Abuse



Divorce

**Score ≥ 4 : risk of Harmful behaviours - alcohol other drug misuse;
Poor health outcomes – obesity, diabetes, stroke, CVD, COAD.**

Fetal Alcohol Spectrum Disorder:



***FASD + 3 sentinel facial
features (FAS)
ND impairment***

FASD

***<3 sentinel facial features
ND impairment***

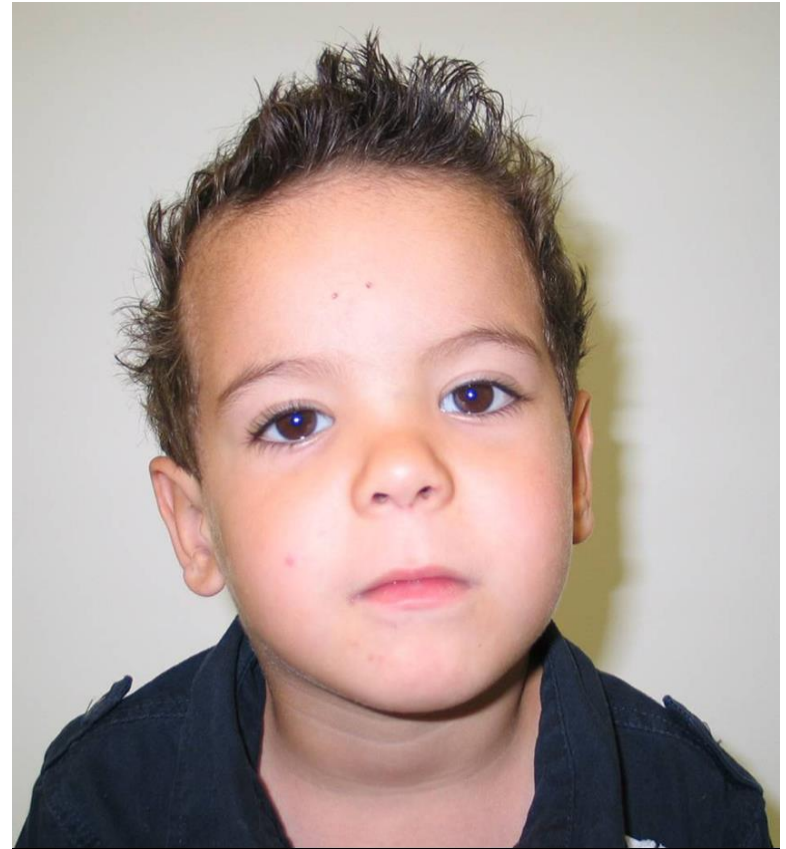
+/- physical features, growth

Diagnosis often missed

***(no Dx test, lack facial
features, comorbidity,
accurate Hx, Dx exclusion)***

Fetal Alcohol Spectrum Disorder with 3SFF

- 3y, alcohol dependent mother, 19y (4l wine/d) father custody
- Preterm, LBW, irritable, poor feeding, seizure
- Slow speech, motor development, learning
- Squint, emotionally labile, socially inappropriate
- ADHD, risky behaviour
- Complex tasks, repeats mistakes, 'disobedient'
- Microcephaly, facial features
- Expelled from preschool
- Failing in primary school



What does the future hold?

FASD: adverse lifelong outcomes

Adult outcomes: Mental illness, substance abuse, sexuality problems, unemployment, dependent living, contact with justice system. Minimised by early intervention (*Streissguth*)

Economic and social burden of FASD : justice, health, disability, education, community, child protection
Up to \$10.5 B pa Canada
(*Popova*)

Mortality: Mean age at death 34 (31-37y); suicide, accidents, poisoning (alcohol/drugs) (*Thanh, 2016*)

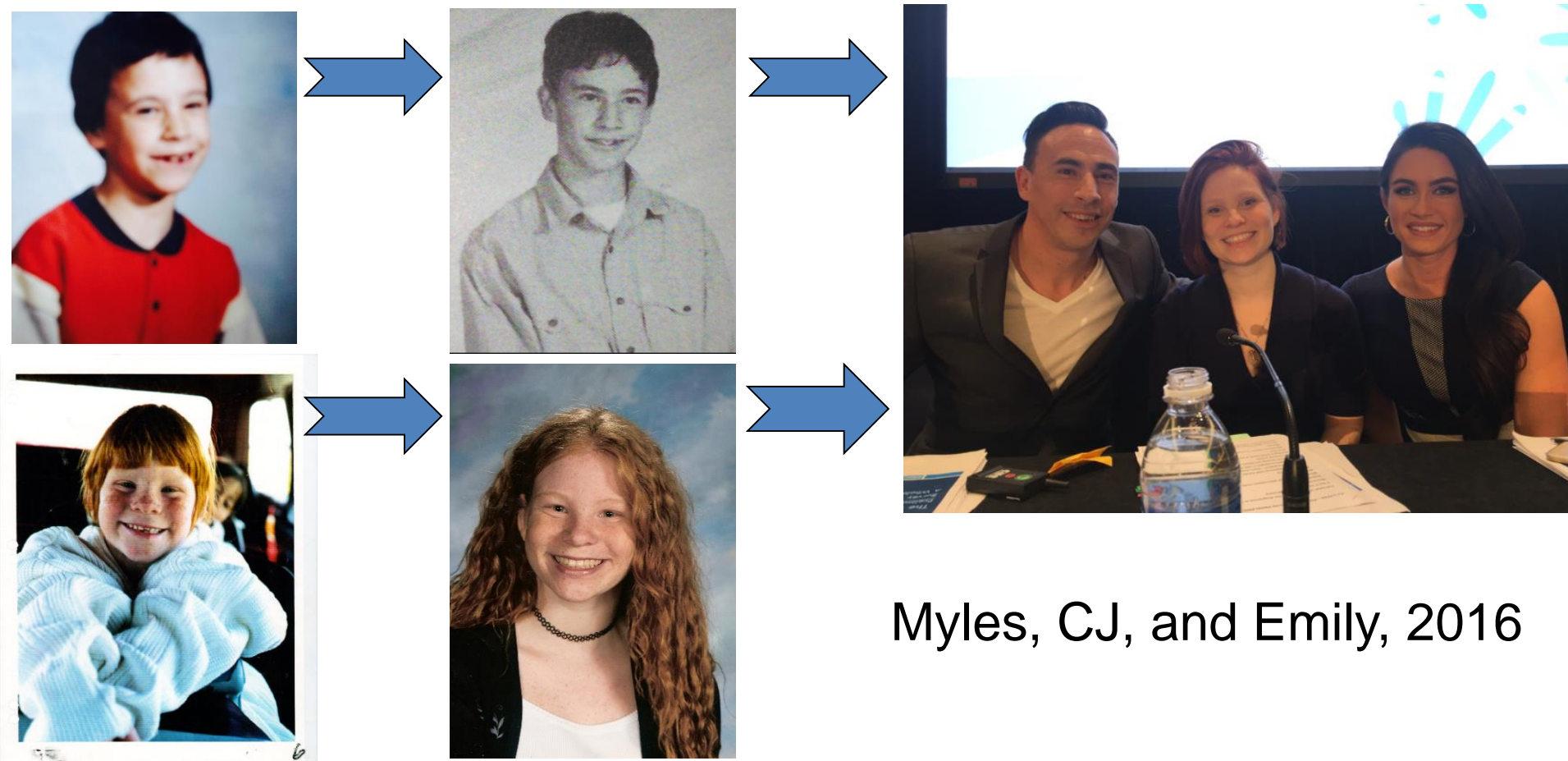


Cairns mother Anne Russell and her son Seth, who was diagnosed with foetal alcohol syndrome in 2002.
Picture: Marc McCormack Source: Cairns Post

**Adverse childhood experiences increase risk.
Stable, supportive care, early diagnosis and early
intervention optimises adult outcomes**

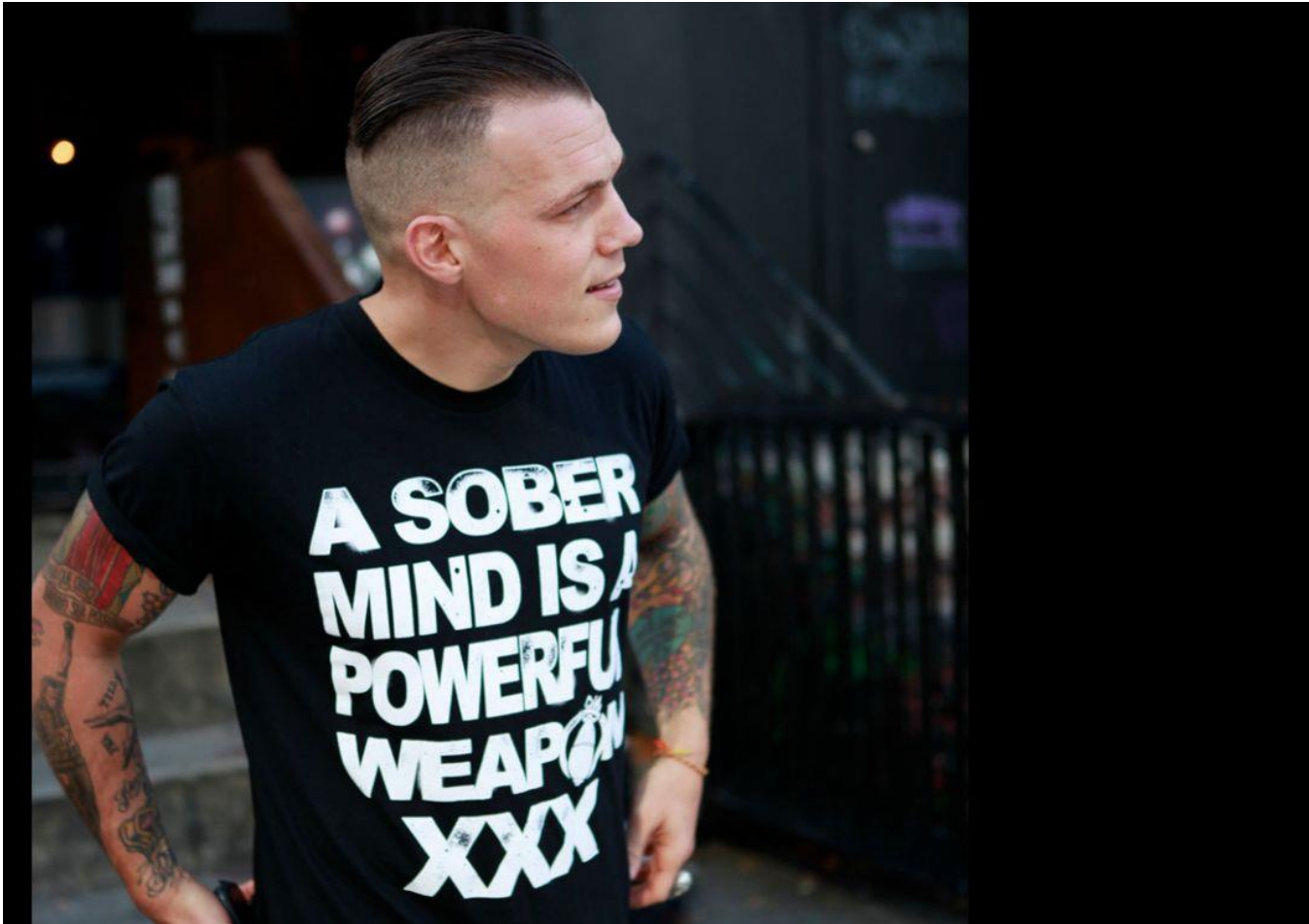
- Children, & Adolescents

- Adults



Myles, CJ, and Emily, 2016

Richie Hardcore



“My dad was an alcoholic. I wish there was a service to help children harmed by other people’s use of alcohol – I wish there had been something for me when I was young.”

The CICADA Centre NSW: CHW 2015

Directors: Elizabeth Elliott, Sue Towns

Care and
Intervention for
Children
Adolescents affected by
Drugs
Alcohol

- 2 psychologists (1 neuro)
- Speech pathologist
- Occupational therapist
- (Psychiatry/genetics/PT)



FASD Assessment

Elizabeth Elliott

Marcel Zimmet*



Family Service

Anthony
Zehetner*



Adolescent Service

Bronwyn Milne*

Popi Iatrou

Who is at most risk of FASD?

- Siblings of a child with FASD
 - Mum with alcohol dependence, misuse
 - Foster/Adoptive care, institution
 - Some Indigenous communities
 - Justice system
-
- Screener for justice system in development

Overall prevalence 1-5%, Leading cause ID, birth defects

First national incidence study FASD, Australian Guide Australian Paediatric Surveillance Unit, *Jan 2015-Dec 2017*

- 251 incident cases <15y
- Mean age Dx 8.6y; M:F 1.3:1
- 57% Indigenous
- 75% child protection (any time)
- 54% out of home care, 18% biological parents
- 15% sibling with FASD
- 24% microcephaly, 14% structural brain abnormality
- Domains most often impaired
 - executive function, adaptive behaviour, language, attention, academic achievement

Zimmet, Phillips, Shelton, Fitzpatrick, Watkins, Bower, Elliott.

Why diagnose?

- Help for mother
- Prevent affected sibling
- Identify strengths/needs/capacity
- Guide early intervention
- Change expectations
- Accommodation in education, justice systems
- NDIS, financial supports
- Peer support, NOFASD
- Community awareness

What parents say about diagnose?

- Understanding that behaviours are the result of brain damage not wilfulness shifts thinking from the person with FASD IS a problem, to the person HAS a problem.'
- Alleviates caregivers guilt about 'poor parenting'.

Parent forum, Shifting the Paradigm (fafasd.org/fasd-why-get-it-diagnosed/)

International data on FASD prevalence

- 8 FASD cases/1000 pop.
- 635,000 cases FASD pa.
- Leading cause ID, birth defects
- Likely underestimate (not population-based data)

Popova, Lancet 2016; JAMA Pediatrics 2017.

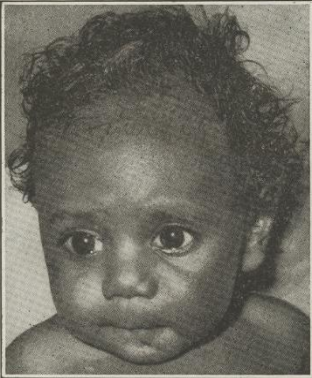
The prevalence of fetal alcohol syndrome in New Zealand.
National one-off survey, 62 cases 1993.

Leversha, Marks. NZ Med J, 1995.

**EMPOWERED ABORIGINAL
COMMUNITIES LEADING THE WAY**

RIGHT WRONGS
WRITE

YES



for

ABORIGINES!

On May 27

**Referendum
Day
27 May
1967**



Looking back... helps understand the present...



With citizenship came:

- the right to pay - loss of jobs
- removal from traditional land
- disadvantage, overcrowding
- prohibited language, ceremony
- mission schools, half-caste
- “stolen generation”
- inequality in health, education, employment
- sit down money
- resentment and racism
- right to buy **alcohol!**

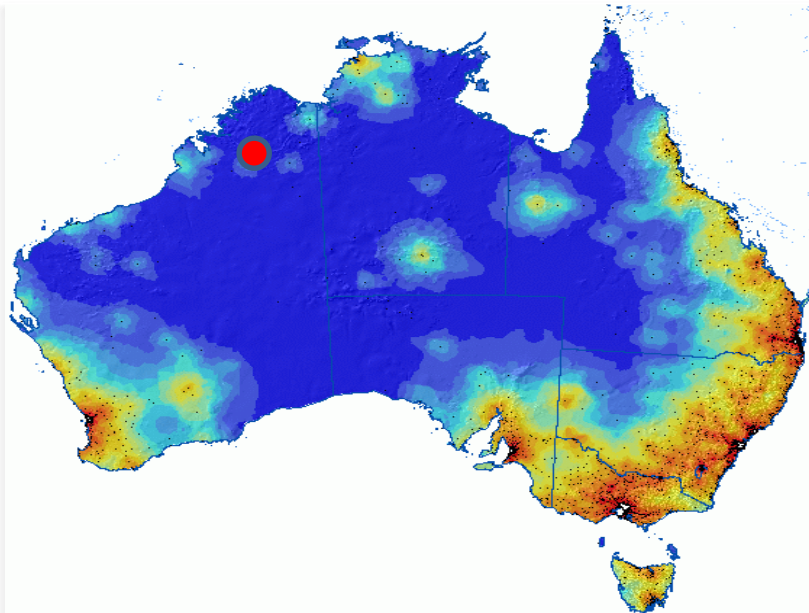


2006 - community in crisis

*2007 - women decided
"enough was enough"*

*2008- WA liquor-licensing
authority to impose
restrictions*

*What's happening to our
children? Could this be
FASD? Concern about loss
of culture.*



Fetal Alcohol Spectrum Disorder



“FASD is a tragedy that somehow transcends other aspects of grief and trauma. Here is innocent young life; the future of our people – our culture, our language, knowledge about the magic creation and laws of our country – being born into this world with brains and nervous systems that are so impaired that life for that person from birth to death is cruelly diminished.”

June Oscar AO, Australian Parliament 2008

“An humanitarian crisis”

Marulu Strategy to address FASD

Bunuba word meaning 'Precious, worth nurturing'



Three themes: DIAGNOSE, PREVENT, SUPPORT (2008)

Lililwan* Project: Prevalence PAE, FASD, ELT Fitzroy Valley

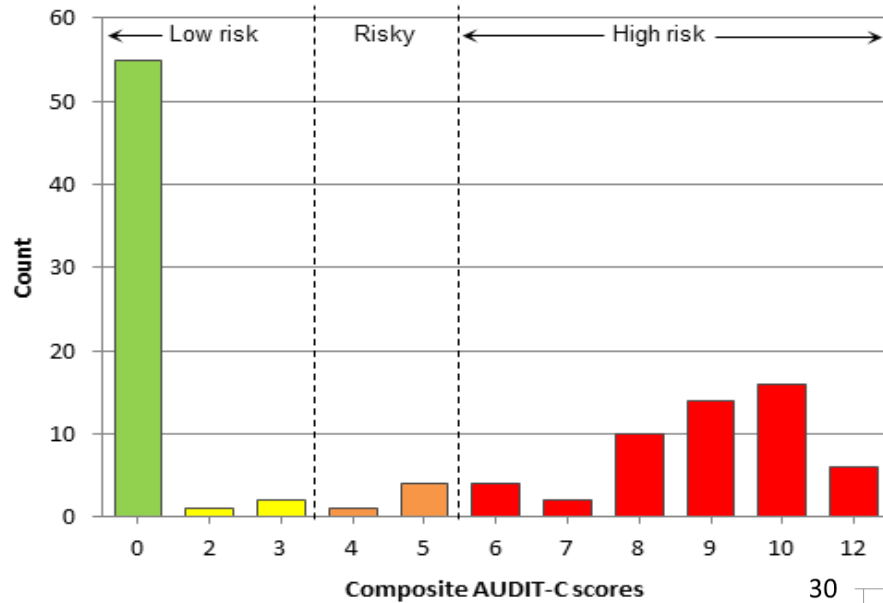
**Kimberley Kriol word meaning all the little ones or children*

Marninwarntikura, Nindilingarri, University Sydney, George Institute

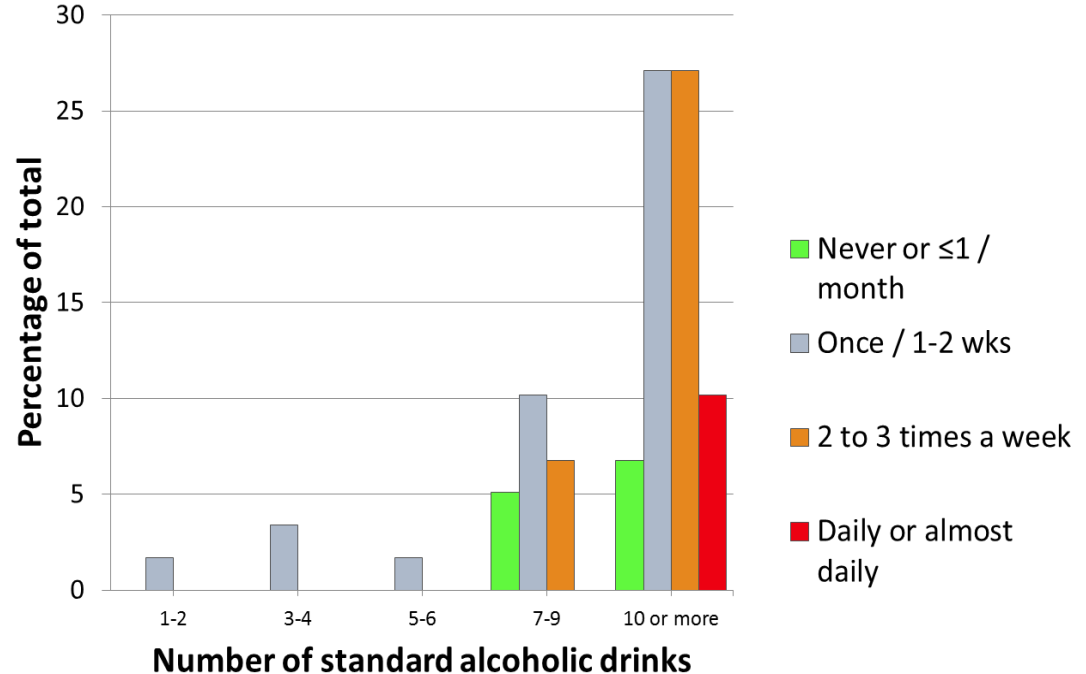


*“No data, no problem, no action
Research data allows communities to take control.”*

Prenatal Alcohol Exposure.



55% drank
93% high risk
Most throughout
pregnancy
Commonly high risk



The Lililwan study: population-based

n=108, mean 8.7y, 7.4-9.6

High rates of:

- **Prenatal Alcohol Exposure (55%)**
- **FASD (19%)**
 - Behavioural problems
 - Mental health
 - IQ, Memory
 - Academic achievement
 - Executive function
 - Speech and language
 - Motor skills
 - Birth defects, Growth
 - Mental health
- **Early life trauma (100%)**
 - Food, money, overcrowding, death, jail, child protection, drugs, alcohol, MH problems at home



Recognition of ELT: need for a trauma-informed approach

Death close family member	45%
Food insecurity	42%
Money worries	38%
Adults/parents fight too much	36%
Too many people in house	34%
Close family member in prison	33%
Grog/drugs: children feel unsafe/sleep	30%
Child protection/welfare involvement	20%
Drug/alcohol used daily in home	14%
Person in home with mental ill-health	13%
Welfare taken child to live elsewhere	9%

90% ELT
50% ≥ 2 stresses
20% DCP
ELT + FASD worse outcome

Health benefits for the kids, families

- Multi-disciplinary **assessment**
- Health, hearing, eye checks
- **FASD diagnosis**, management plan
- Referrals to child health specialists, allied health, dentist, CAMHS (>400)
- Treatment (ears/skin/chest/head)
- Extra help at school
- Support for families, caregivers



Recognition for the community

Community praised for FASD 'courage'



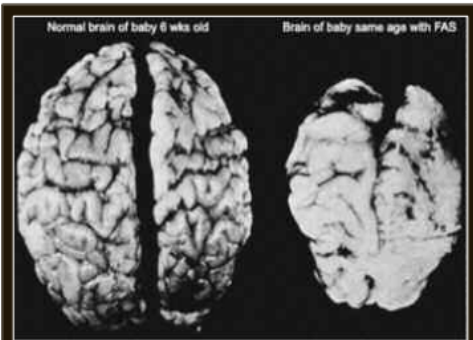
THE Fitzroy Valley community in Western Australia's Kimberley region has been called 'courageous and clever' for tackling Foetal Alcohol Spectrum Disorder (FASD) through the Liliwan Project, which started in April.

Stage one of the project, which was funded by an anonymous donor, involved collecting information about pregnancy, birth and early childhood from parents and carers of children born in 2002 and 2003. It has also resulted in community education around healthy pregnancy and childhood and FASD.

Stage two will start later this year and has just received a \$1 million grant from the Federal Government. It will involve a full health assessment of the children born in 2002 and 2003 by a team of health professionals, and those children found to have health or developmental problems will be given treatment and ongoing support.

Liliwan means 'all the little ones' in Kriol and the project is a collaboration between the Nindlingarr Cultural Health Service, the University of Sydney and the George Institute for International Health.

Project manager Dr James Fitzpatrick



The brain of a normal baby, left, and the brain of a baby with foetal alcohol syndrome, right.

Image courtesy of Professor Sterling Clarran (University of Washington)

and song, FASD is even more concerning because children who can't learn well, who have poor memories, are not able to pass on their cultural stories."

Dr Fitzpatrick said the good news was that FASD was 100 per cent preventable. "The community have been both courageous and clever in tackling FASD," he said.

The Liliwan Project involves a prevention strategy to educate community members, health, justice and education professionals, and alcohol outlets about FASD.

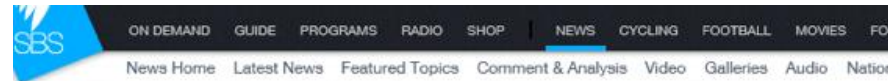
Dr Fitzpatrick said it also involved the first high-quality Australian prevalence study, a community-led research project that would measure exactly how many children have FASD so that health and education support could be planned.

The third component of the project would look at supporting individuals and their families who are living with FASD, so that the children can achieve their maximum potential at school and in the home.

Finally, he said the project team was advocating for greater recognition of FASD as an important disability in Australia and for more support for children and carers.

"(This) is a ground-breaking approach to high quality research that has immediate

Warning not to stigmatise Aboriginals

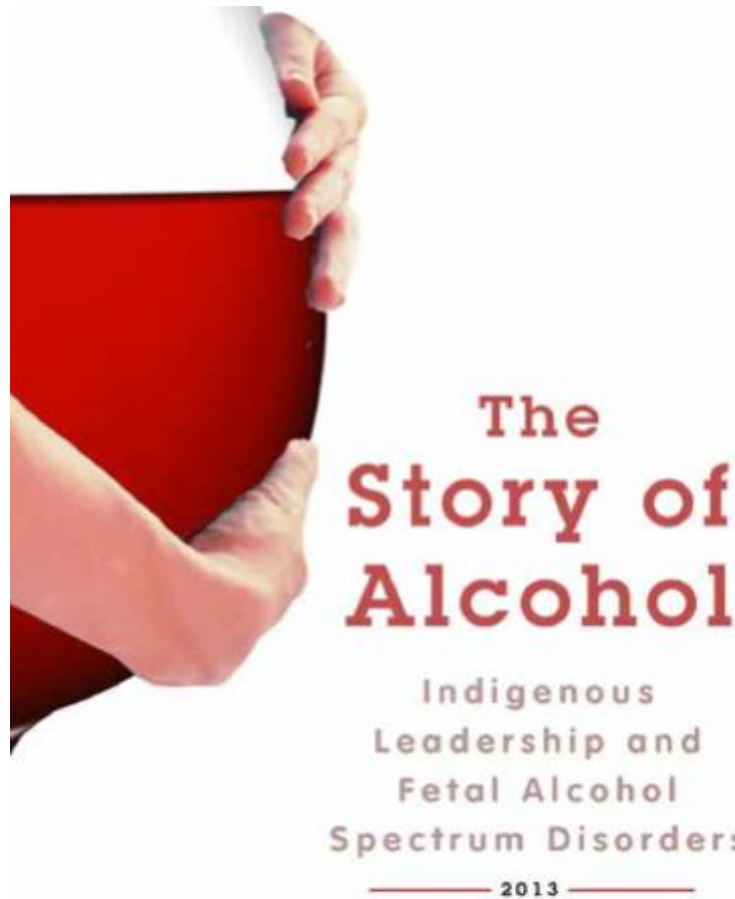


7 NOV 2014 - 7:44PM

Indigenous Elders urge caution as FASD reaches 'crisis levels'



Education and community awareness



Claire, 22

Claire's anger can be uncontrollable. "I have a very short fuse and anything can trigger it off. I get sensory overload," she says. Claire's mum Tracy drank alcohol throughout her pregnancy with Claire and now regrets it. Tracy says she had no idea of the possible consequences and was never advised against drinking.



Tristan, 14

Tristan lives in Fitzroy Valley, Western Australia, with his Aunt Marmingee and Uncle Geoff. His mother drank heavily when she was pregnant. He struggles with reading and writing and has to be reminded to do basic things like shower. Geoff and Marmingee are worried about him getting into trouble as he gets older.



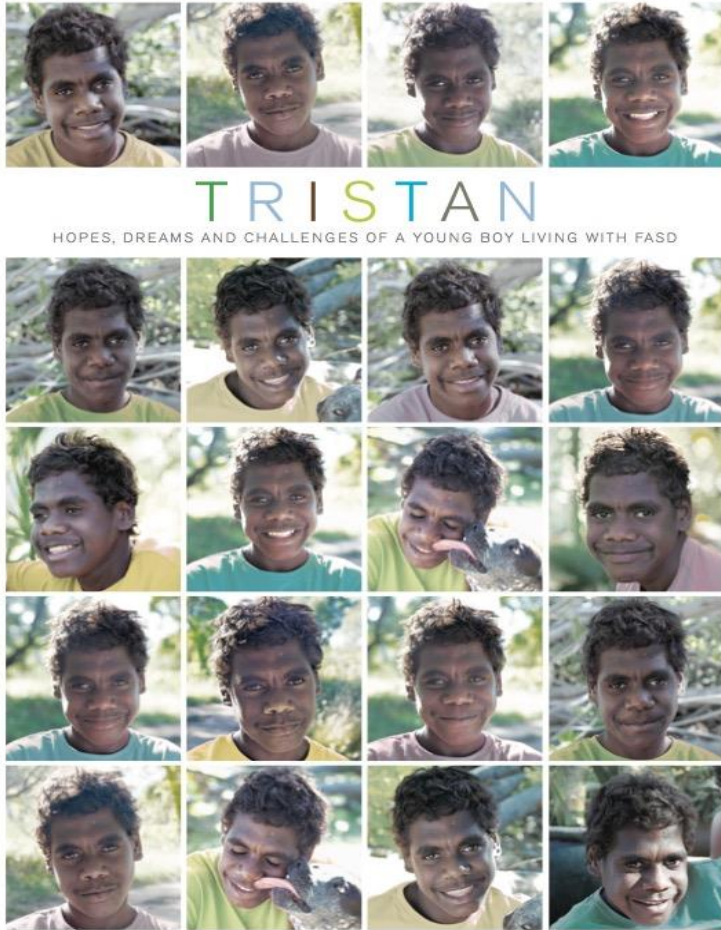
Elizabeth Elliott

Professor Elizabeth Elliott says there is no safe level of drinking in pregnancy because each woman metabolises alcohol differently. She says that alcohol can cause worse permanent damage to babies' brains than heroin or crack cocaine. She runs a FASD clinic at The Children's Hospital at Westmead. Professor Elliott says many doctors don't have a good understanding of FASD and she's worried women are getting mixed messages from doctors about drinking during pregnancy.

Data drove maintenance of Community-led alcohol restrictions



International recognition and Education



Images by E Elliott and C Constantine



**United Nations 11th permanent
forum on Indigenous Issues, NY,
2012**

Community initiatives

Baya Gawyi Children and Family Centre

Early Learning Centre

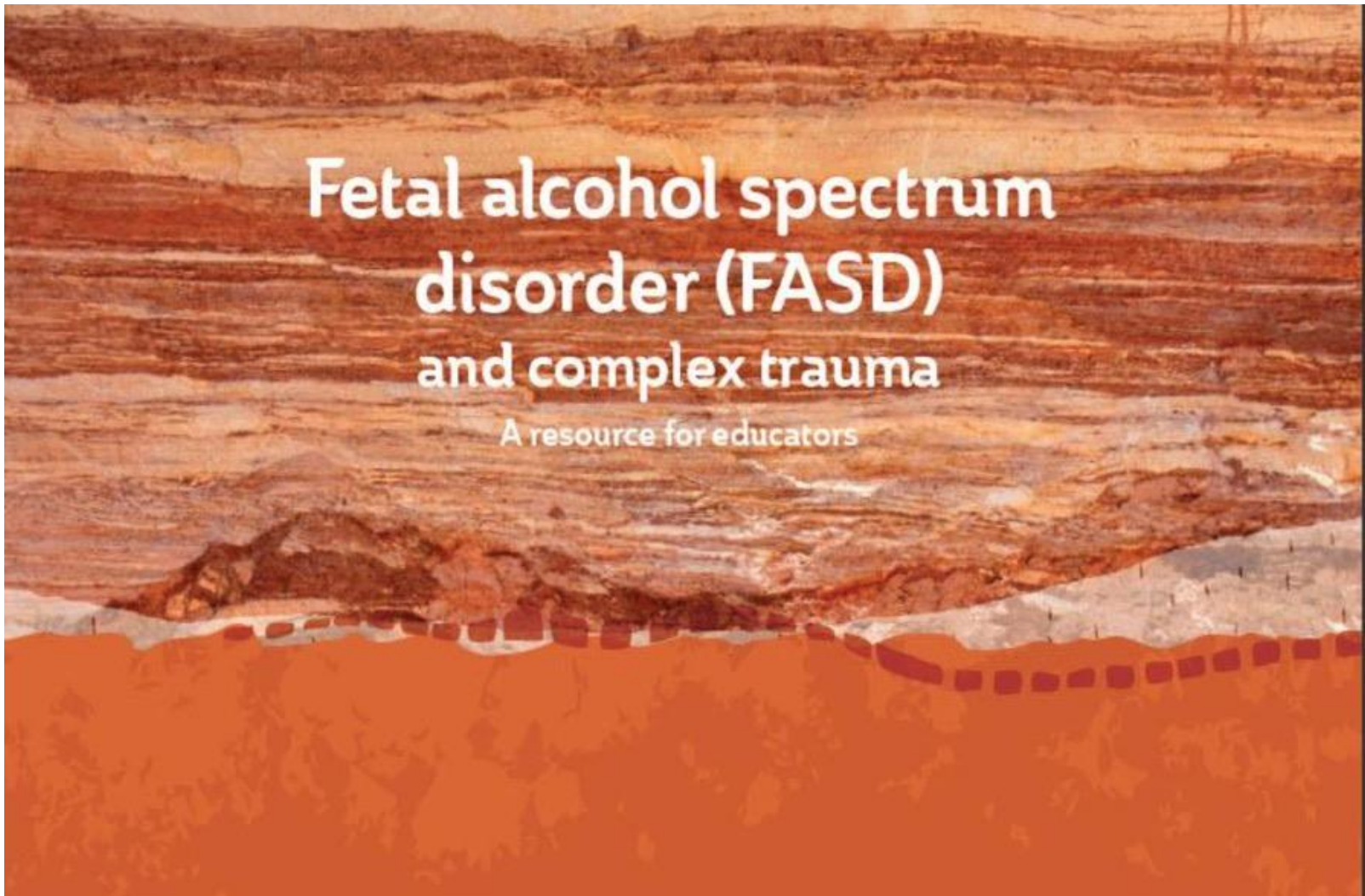
Family Violence shelter and legal service

Alternative education pathways

ALERT trial



Resources for educators



Thomas Sue, Weston J. 2018



JANDU YANI U

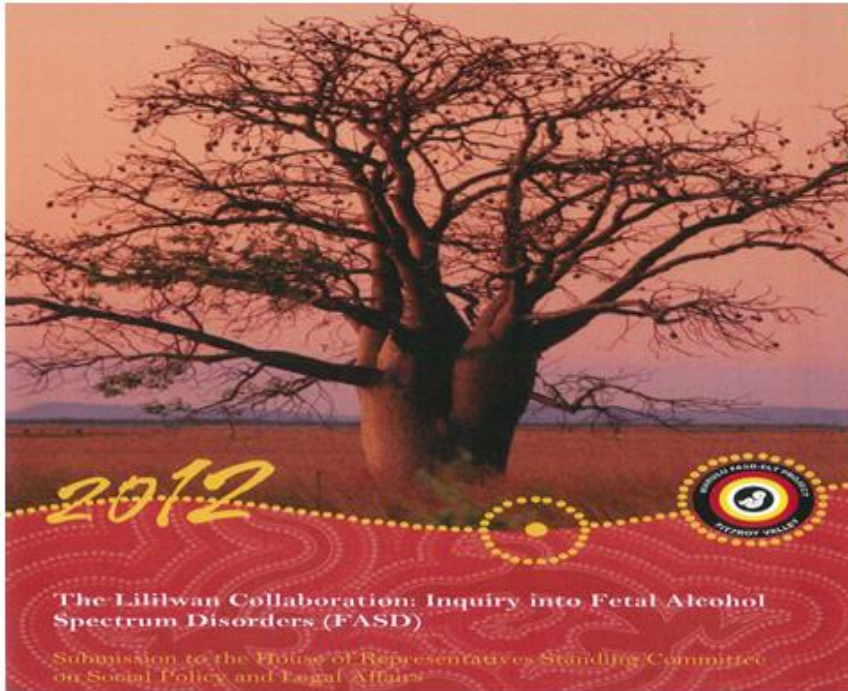
For all the Family

Positive Parenting Program
Triple P International



40 accredited Parent Coaches, 38 families (80 wait-listed)
Feasible, effective for parents and children

Data contributed to a National Inquiry



- ***House of Representatives National Inquiry 2012***
- ***National Action Plan to reduce impact of FASD ~\$27 million, 2013-17***



western australia

Teenage boy charged over WA crash that killed 11-year-old girl

FEBRUARY 20, 2015 6:59PM



Adverti

STORY BY

AAP

February 20th 2015
RIGHT NOW IN NATIONAL NEWS

New security considered for Kimberley high school repeatedly hit by vandals

ABC AUSTRALIA Wednesday 19 November 2014 02:49:50 PM



A classroom trashed by vandals at Fitzroy Crossing High School.

November 19, 2014. School was trashed twice by children in a week. Smashed windows, computers. \$200,000 in 2014.

[Just In](#)[Politics](#)[World](#)[Business](#)[Sport](#)[Science](#)[Health](#)[Arts](#)[Analysis](#)

Print



Email



Facebook



Twitter



More

One in three in WA youth detention have foetal alcohol spectrum disorder, study finds

By [Charlotte Hamlyn](#)

Posted 3 Mar 2017, 8:31am



Bower et al. 2017

Royal commission into the protection and detention of children in the Northern Territory

Helen Davidson in Darwin

Twitter @heldavidson

Email

Thu 13 Oct 2016 19:46 AEDT

Royal commission told foetal alcohol disorder and hearing loss contributing to incarceration

Northern Territory inquiry into juvenile justice told of 'smoking gun' connecting ear disease with incarceration rate



FASD: Record Indigenous incarceration rates could be avoided with early clinical assessment: experts

By Russell Skelton

Updated 28 Nov 2016, 6:51am

Leading experts in Fetal Alcohol Spectrum Disorder (FASD) believe Australia's record rates of Indigenous incarceration could be dramatically reduced if children were clinically assessed when their troubled behaviour first emerged in the classroom or at home.

The experts said parents, teachers and health workers were often well aware of unacceptable behaviour in young people — both Indigenous and non-Indigenous — long before they appeared before the courts.



The Bigiswun Kid Project:

Where are the Lililwan cohort 10 year on (16-17y)?



- Wellbeing
- Community engagement
- Connection to culture, language, land
- Hopefulness
- Mental Health
- Education
- Justice
- Substance use
- Quality of Life
- Aspirations
- Child Protection
- Employment
- Access services

**Risk and
protective
factors**



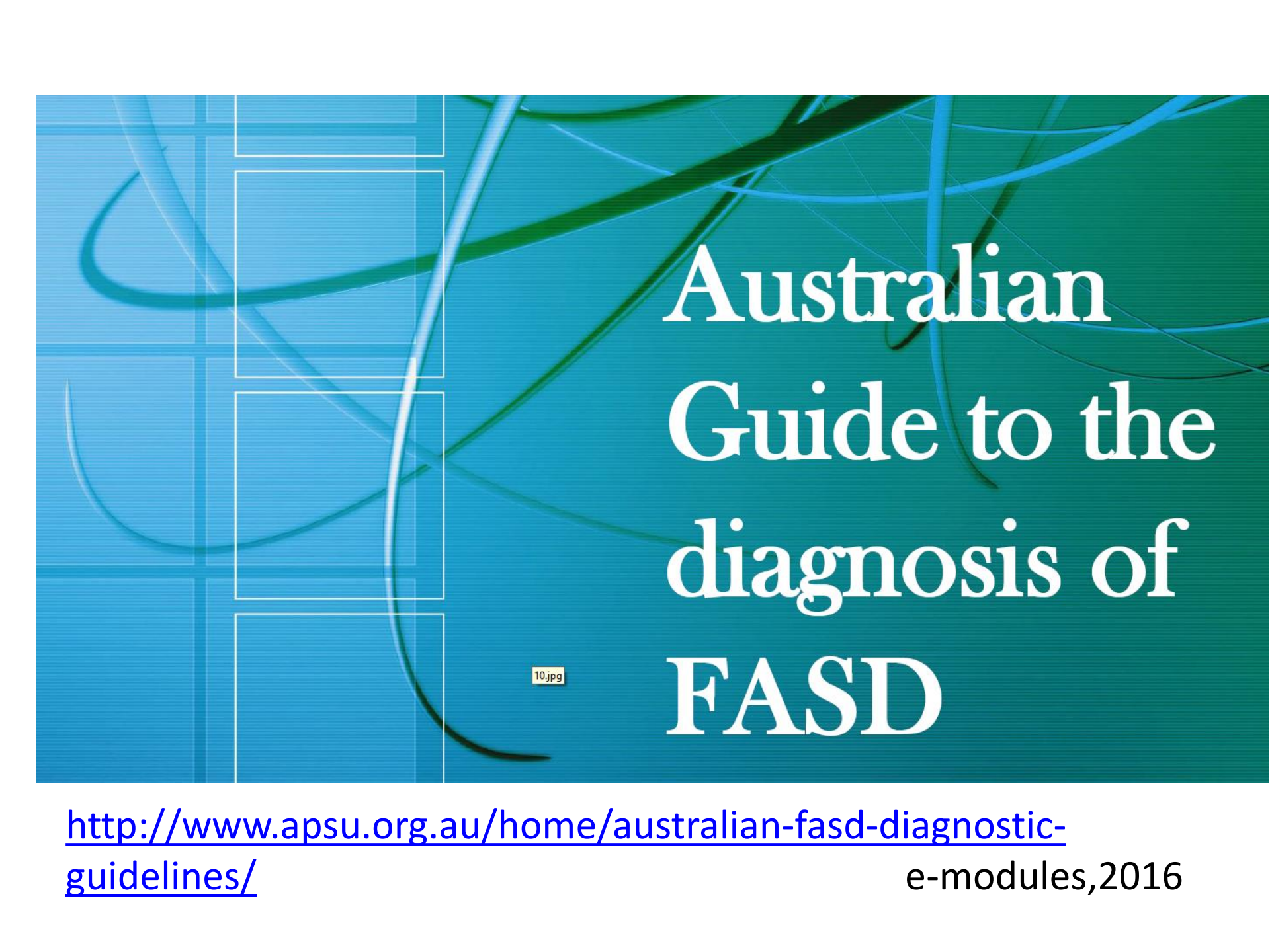
Marurra-U project: partnership with Royal Far West, University of Sydney for Trauma-informed, wrap around care, including tele-health



NHMRC Partnership Grant
2020-24, \$1.07 mill



ACHIEVEMENTS IN AUSTRALIA?



Australian Guide to the diagnosis of FASD

10.jpg

<http://www.apsu.org.au/home/australian-fasd-diagnostic-guidelines/>

e-modules, 2016

FASD Hub



Help me choose

FASD Information

Services

Training & Support

More...



Welcome to FASD Hub Australia

Information on Fetal Alcohol Spectrum
Disorder (FASD) for Australian health



<https://www.fasdhub.org.au/>

Are you a **parent or carer**
of a child with FASD?

NOFASD Australia provides
a support service for individuals and
families living with FASD

NOFASD Australia

Find out more

Speak with someone 😊

Do you have questions about Fetal Alcohol Spectrum Disorder? Would you like to speak to someone confidentially?

1300 306 238

Leave a Message

<https://www.nofasd.org.au>

Information for
health professionals on:

pregnancy & alcohol

www.alcohol.gov.au



97% of Australian women think health professionals should ask about alcohol use in pregnancy.¹

Training HP to
ask and
advise;
evaluation

Australian women consider health professionals to be the best source of information about alcohol use during pregnancy and trust the advice they give.²



NSW Health: Stay Strong and Healthy: its worth it

Resources for women, families, HP






<https://yourroom.health.nsw.gov.au/whats-new/Pages/nsw-health-launches-fasd-resources.aspx>

FASD Research Australia

Centre of Research Excellence

Generating Knowledge Together


New Research

-  PREVENTION
-  DIAGNOSIS
-  MANAGEMENT



OUTCOMES

-  **Standardised national monitoring**
of alcohol use in pregnancy and FASD



-  **Evidence-based interventions**
for prevention and management of FASD

Training Researchers

-  CULTURAL AWARENESS
-  DATA LINKAGE
-  MENTORING



Translation

-  RESOURCES FOR PROFESSIONALS
-  NEW GUIDELINES & INTERVENTIONS



Collaborations

-  FASD CLINICAL NETWORK
-  AUSTRALIAN FASD WEBSITE



Are you a FASD Researcher?
We want to hear from you

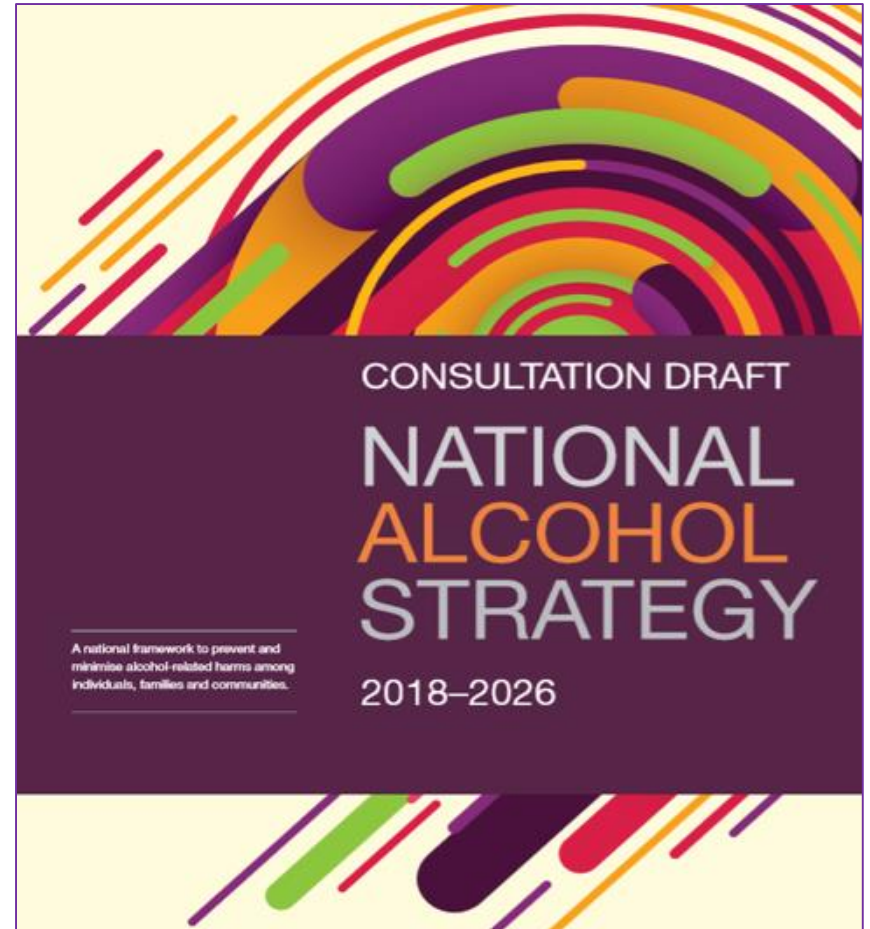
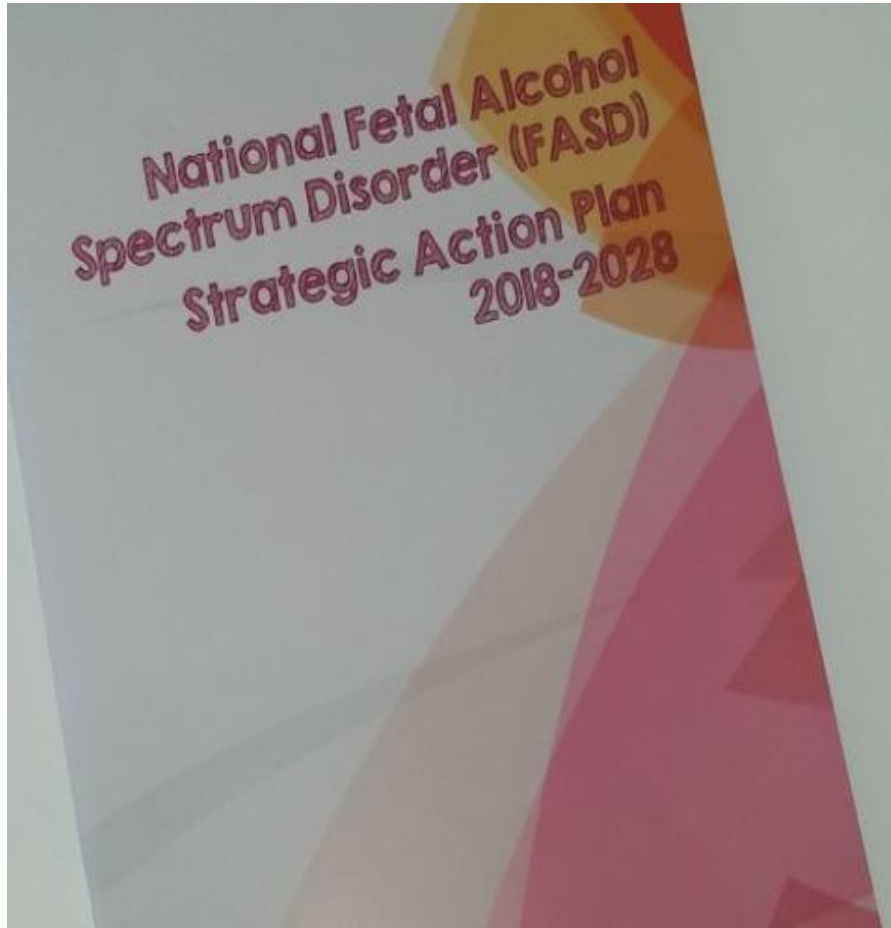
FASDAustralia@telethonkids.org.au

Mandatory pregnancy warning labels on alcohol FSANZ

Christine Rogan,
Alcohol Watch NZ
'no brainer'



Policy



National FASD Strategic Action Plan 2018-2028
November 2018

THE FUTURE IS PREVENTION

- Advocate for evidence-based strategies to reduce harm:
 - Availability (opening hours, outlet density)
 - Advertising and promotion
 - Pricing (taxation, minimum price)
 - Education and training
 - Labelling
- Diagnostic, management and support services

Advertising targeting young women



- **100 calories**
- 100% natural
- Lightly sweetened
- 12.7 % alcohol
- **2.6 Standard drinks** per average wine glass 250 ml

The Media can be our enemy

Mum-to-be insists drinking during pregnancy is 'fine' - furious partner accused of over-reacting

Many mums believe a woman should be able to choose for herself when pregnant

Rules about how to behave in pregnancy diminish women's freedom

April 21, 2016 7.27pm AEST

 Advice to pregnant women on drinking
 'patronising and sexist'

NEWS

Alcohol Guidance 'Not About Policing Pregnant Women's Behaviour', Midwives Say

Fathers play a crucial role in prevention



MUMBLE



REGISTER



DONATE

Support her, **SUPPORT THE CAUSE.**

THE CAUSE

GET INVOLVED

PARTICIPANTS

FRIENDS

MEDIA



Would it hurt
**YOU TO GO WITHOUT
DRINKING?**

**Because it could hurt your
child if you don't.**

Raising awareness and funds for FASD research

FARE www.pregnantpause.com

NHMRC: Wiggers J, Elliott E, Dunlop A et al.

Screening and Management of Alcohol Consumption during Pregnancy

New Guideline and Procedure

Brendon Williams

Clinical Midwife Educator



Health

Hunter New England
Local Health District





Orakei Marae - Wharenui

Team with NZ for Policy, advocacy, training,
clinical network, research, surveillance

Summary: looking back moving forward

- Harms of PAE known for centuries, preventable!
- Alcohol use in pregnancy is common
- Women drink to deal with stress in their lives
- You will see FASD in your practice, chances to prevent harm
- FASD is 'hidden' in the general population, High risk groups
- Lifelong consequences, unpredictable, severe
- Early diagnosis, treatment – better outcomes
- Strength based approach: avoid stigma, blame, shame
- Culturally-informed, trauma-informed
- Australia has made great gains, Aboriginal people led the way
- Future – harmonising diagnostic features, early diagnosis, new treatments, prevention