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**Arctic Fetal Alcohol Spectrum Disorder Regional Training Center  
Foundations Workshop Follow-Up**

For each item, please choose the response that best completes the sentence or answers the question.

1. The best public health message related to alcohol consumption by women of childbearing age is...

- Women who know they are pregnant should not consume alcohol.
- Women who are pregnant or could become pregnant should not consume alcohol.
- All sexually active women should not consume alcohol.
- Women of childbearing age should not consume alcohol.
- Alcohol use, in moderation, is safe for all women.

2. An episode of binge or risky drinking for women of childbearing age (18-44) is defined as more than \_\_\_\_ standard drinks in about a two hour period.

- 2
- 3
- 4
- 5
- 6

3. Which one of these is NOT considered a standard drink?

- 12 ounces of beer
- 12 ounces of wine cooler
- 5 ounces of wine
- 3 ounces of vodka
- All of the above are standard drinks

The public reporting burden of this collection of information is estimated to average 10 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to - CDC/ATSDR Reports Clearance Officer; 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333 ATTN: PRA (XXXX-XXXX)

4. Positive responses given to items on the TWEAK or the T-ACE screening instruments indicate...

- a diagnosis of alcoholism
- the likelihood that the woman will seek treatment for alcohol abuse
- the need for the health care provider to discuss the risks associated with drinking alcohol, especially when the woman is pregnant
- the difference between binge drinking and problem drinking
- the need for immediate admission to a treatment facility for further evaluation

5. Scientific studies of the effects of alcohol on the fetus have shown that...

- Alcohol has no effect on the development of the fetus in the third trimester.
- Alcohol can only affect fetal development in the first trimester.
- A small to moderate amount of alcohol is safest during the second trimester.
- Of all the different types of alcohol, wine is the safest for a pregnant woman to consume.
- None of the above is correct.

6. Although specific deficits experienced by individuals with an FASD vary widely, behavioral deficits are likely to include which of the following?

- Memory problems, underactivity, and self-injurious behavior
- Inattention, memory problems and hyperactivity
- Particular mannerisms, hoarding, and memory problems
- Emotion regulation, weight loss, fatigue, irritability
- Auditory hallucinations, disorganized speech, and flat affect

7. Which of the following include all three facial abnormalities associated with fetal alcohol syndrome?

- Low set ears, large palpebral fissures, large forehead
- Small palpebral fissures, smooth philtrum, thin upper lip
- Large palpebral fissures, smooth philtrum, thin upper lip
- Large forehead, flattened cheeks, small palpebral fissures
- Thin upper lip, distinct philtrum, ectropion

8. Which of the following is NOT required to confirm a diagnosis of fetal alcohol syndrome (FAS)?

- Facial dysmorphia
- Growth retardation
- Central nervous system (CNS) abnormalities
- Documentation of prenatal alcohol exposure
- All of the above are required for a diagnosis of FAS

9. A variety of strategies have been found to be effective when working with individuals with an FASD. Which one of the following may not be as effective?

- Concise, explicit instructions
- Stable routines
- Social cues
- Visual aids
- Repetition

10. Which organ system is primarily susceptible to damage or alteration caused by prenatal alcohol exposure?

- The circulatory system
- The skeletal system
- The central nervous system
- The reproductive system
- The digestive system

11. Growth deficit, central nervous system abnormalities, and a specific set of craniofacial features are all necessary for a diagnosis of which of the following conditions?

- Fetal alcohol syndrome
- Fetal alcohol spectrum disorder
- Alcohol-related neurodevelopmental disorder
- Fetal alcohol effects
- Static encephalopathy/alcohol exposed

12. Which one of the following is NOT correct?  
Persons with an FASD ...

- May experience problems in school and getting along with other children.
- Do not typically need support and services to live and work independently.
- Can benefit from obtaining an early diagnosis.
- May need support and services throughout their lives.
- May be at an increased risk for victimization and high risk behaviors.

Please respond to the following questions about your professional experience.

In your current position do you...

	YES	NO
provide services to women of childbearing age?	<input type="radio"/>	<input type="radio"/>
provide services to individuals who may be at risk of an FASD?	<input type="radio"/>	<input type="radio"/>

On a scale from 0 to 10 where 0 means "Not confident in my skills" and 10 means "Totally confident in my skills," how confident are you in your skills to do the following?

	0 - Not confident in my skills	1	2	3	4	5	6	7	8	9	10 - Totally confident in my skills
Screen women for risky or hazardous drinking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Educate pregnant women about the effects of alcohol on their babies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Conduct brief interventions for reducing alcohol consumption	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Utilize resources to refer patients who need formal treatment for alcohol abuse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Identify persons with possible FAS or other prenatal alcohol-related disorders	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diagnose persons with possible FAS or other prenatal alcohol-related disorders	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Utilize resources to refer patients for diagnosis and/or treatment services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Manage/coordinate the treatment of persons with FASDs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How have you used the information you received at the FASD Foundations workshop 3 months ago?

What additional information do you need to make changes in your practice related to the prevention, identification, and treatment of FASDs?