

## Midwest Regional FASD Training Center Knowledge Post-test

Your Email Address: \_\_\_\_\_ (for brief follow-up)

**Instructions: Please circle your best answer.**

1. The best public health message related to alcohol consumption by women of childbearing age is...
  - a. Women who know they are pregnant should not consume alcohol.
  - b. Women who are pregnant or could become pregnant should not consume alcohol.
  - c. All sexually active women should not consume alcohol.
  - d. Women of childbearing age should not consume alcohol.
  - e. 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:
  - a. 2
  - b. 3
  - c. 4
  - d. 5
  - e. 6
  
3. Which one of these is NOT considered a standard drink?
  - a. 12 ounces of beer
  - b. 12 ounces of wine cooler
  - c. 5 ounces of wine
  - d. 3 ounces of vodka
  - e. All of the above are standard drinks
  
4. Positive responses given to items on the TWEAK or the T-ACE screening instruments indicate:
  - a. a diagnosis of alcoholism
  - b. the likelihood that the woman will seek treatment for alcohol abuse
  - c. the need for the health care provider to discuss the risks associated with drinking alcohol, especially when the woman is pregnant
  - d. the difference between binge drinking and problem drinking
  - e. the need for immediate admission to a treatment facility for further evaluation
  
5. Which of these is NOT part of the addictive disease process?
  - a. Craving and compulsion
  - b. Violent behavior
  - c. Loss of control
  - d. Continued use despite adverse consequences

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- e. All of the above are part of the addictive disease process
6. Scientific studies of the effects of alcohol on the fetus have shown that:
- a. Alcohol has no effect on the development of the fetus in the third trimester.
  - b. Alcohol can only affect fetal development in the first trimester.
  - c. A small to moderate amount of alcohol is safest during the second trimester.
  - d. Of all the different types of alcohol, wine is the safest for a pregnant woman to consume.
  - e. None of the above is correct.
7. Although specific deficits experienced by individuals with an FASD vary widely, behavioral deficits are likely to include which of the following:
- a. memory problems, underactivity, and self-injurious behavior
  - b. inattention, memory problems and hyperactivity
  - c. particular mannerisms, hoarding, and memory problems
  - d. emotion regulation, weight loss, fatigue, irritability
  - e. auditory hallucinations, disorganized speech, and flat affect
8. Which of the following include all three facial abnormalities associated with fetal alcohol syndrome?
- a. Low set ears, large palpebral fissures, large forehead
  - b. Small palpebral fissures, smooth philtrum, thin upper lip
  - c. Large palpebral fissures, smooth philtrum, thin upper lip
  - d. Large forehead, flattened cheeks, small palpebral fissures
  - e. Thin upper lip, distinct philtrum, ectropion
9. Which of the following is NOT required to confirm a diagnosis of fetal alcohol syndrome (FAS)?
- a. Facial dysmorphia
  - b. Growth retardation
  - c. Central nervous system (CNS) abnormalities
  - d. Documentation of prenatal alcohol exposure
  - e. All of the above are required for a diagnosis of FAS
10. 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?
- a. Concise, explicit instructions
  - b. Stable routines
  - c. Social cues
  - d. Visual aids
  - e. Repetition
11. Which one of the following statements is NOT correct?
- a. Some women expose their fetus to alcohol because of alcohol dependence or addiction.
  - b. Health providers seek the best outcomes for women and fetuses by efforts to increase foreseeable benefits and minimize foreseeable harms.
  - c. Most medical societies advocate coercive methods as a first intervention for women who expose a fetus to alcohol.
  - d. Health providers have an ethical duty to respect their patients.
  - e. Confidentiality is an essential aspect of the health provider-patient relationship.