

GETTING IT TOGETHER: PREPARING FOR A DIAGNOSTIC EVALUATION FOR FETAL ALCOHOL SYNDROME

DOCUMENTING PRENATAL USE OF ALCOHOL

Recovering Mother

Get honest with yourself, related to prenatal drinking. Ask close trusted sober friends or relatives to help you remember amount and frequency of alcohol intake for each trimester.

Adoptive Parent

Review information you already have been given. Why was an adoption plan made? Return to agency for more detailed information related to substance use during pregnancy.

Send for prenatal medical history from pre-adoption records, including previous pregnancies.

Talk with previous foster parent related to knowledge of maternal drinking during pregnancy.

The following list is an attempt to assist you in preparing for your child's diagnostic evaluation. You are the best source of information the physician has; your assistance will be invaluable. Four color-coded envelopes might help as you collect and organize the necessary data. If you have kept notes or a diary, that information will be important also. Take your time and do this over a two to three week period, if possible.

History of Your Child's Growth Pattern

Birth Weight

5 lbs. 8 oz. or less, born prematurely or small for gestational age

Failure to Thrive

Medical Diagnosis

Growth Charts

Medical Records or WIC records

X-rays

Bone Growth Studies

Photos

School pictures (full face photos are especially helpful) and group pictures with children the same age

Face, Jaw, and Head Anomalies

Small head circumference, shorter eye slits which give appearance of wide-set eyes

Thin smooth upper lip

Short upturned nose with a longer than normal space between the bottom of the nose and the top of the upper lip

Droopy eyelids

Full face photographs from age three to age ten are especially helpful in documenting facial features at an earlier age. Dr. Clarren is now requesting photos with the lips closed gently, not a broad smile, if possible

History of numerous ear infections and/or hearing impairment. Vision problems, problems with depth perception, tiny jaw, may have some secondary teeth pulled, may have malocclusion of secondary teeth

Central Nervous System Effects (Learning and Behavioral Effects)

Attention Deficit Hyperactivity Disorder

No sense of danger, no fears

Impulsive

Expressive language is better than receptive

Memory problems

May have seizures

Difficulty learning from consequences

Under or over sensitive to touch

School evaluations related to speech, learning disabilities, and/or occupational therapy, ADD or ADHD

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