

Fetal Alcohol Spectrum Disorder (FASD)

WHAT IS FASD?

Fetal Alcohol Spectrum Disorder (FASD) is now used as a diagnostic term, when prenatal alcohol exposure is considered to be a significant contributor to physical and neurobehavioural effects in children, youth and adults.

CANADIAN DIAGNOSTIC STANDARDS

In 2015, *Fetal alcohol spectrum disorder: a guideline for diagnosis across the lifespan*¹ was published, replacing the original Canadian guidelines for diagnosis (2005). This new guideline was developed as a result of emergent evidence, current practice and clinical experience in this field.

BENEFITS OF DIAGNOSIS

An accurate diagnosis can help to understand the challenges of individuals impacted by FASD:

- ✓ Guide appropriate post-diagnosis interventions and strategies for support
- ✓ Reduce the number of secondary disabilities or mitigate adverse experiences often seen in individuals impacted by FASD (i.e. mental health problems, trouble with the law, homelessness, addictions issues, etc.)²
- ✓ Link birth parents with supports and interventions to prevent further affected births
- ✓ Provide information regarding incidence and prevalence rates of FASD in Canada
- ✓ Support applications for disability tax credits, financial supports and other services for the individual and/or their caregivers
- ✓ Provide important information regarding supports for youth transitioning to adulthood, such as guardianship, trusteeship and legal representation agreements

DIAGNOSTIC PROCEDURE

FASD is a medical diagnosis. The guideline recommends a comprehensive, multidisciplinary approach be used to obtain an accurate diagnosis and a comprehensive assessment of the individual's functional abilities.

CORE CLINIC TEAM MEMBERS

Team membership varies and is dependent on the age of the individual being assessed. A pediatric team should include:

PHYSICIAN

- background training specific to FASD diagnosis

PSYCHOLOGIST

- education, expertise and scope of practice relevant to clinical testing

SPEECH-LANGUAGE PATHOLOGIST

OCCUPATIONAL THERAPIST

CLINIC COORDINATOR

Adult and pediatric teams may include additional stakeholders representing health, social services, justice, education, mental health and cultural representation.

RECOMMENDED SCREENING TOOLS

A reliable, accurate maternal alcohol history is the best screening tool. The Life History Screen⁴, the FASD Screen and Referral Form for Youth Probation Officers⁵ and the The Canadian Association of Paediatric Health Centres National FASD Screening Toolkit⁶ can also validate a referral for FASD diagnosis. All positive screens should prompt a referral for further assessments, keeping in mind that screening is not a diagnosis.

¹ Cook, JL, et al, Fetal alcohol spectrum disorder: a guideline for diagnosis across the lifespan. CMAJ, December 2015. www.cmaj.ca/content/early/2015/12/14/cmaj.1411593

² Streissguth A & Kanter J (1997). *The Challenge of Fetal Alcohol Syndrome: Overcoming Secondary Disabilities*. Seattle, WA: University of Washington Press.

³ Cook, JL, et al. (2015)

⁴ Grant, TM et al, Screening in treatment for fetal alcohol spectrum disorders that could affect therapeutic progress. *International Journal of Alcohol and Drug Research*, 2014.

⁵ Conry, J & Asante, KO, Youth probation officers' guide to FASD screening and referral, 2010, The Asante Centre for Fetal Alcohol Syndrome: Maple Ridge, BC

⁶ www.caphc.org/fasd/fasd-national-screening-tool-kit

Alberta Assessment and Diagnostic Clinic Contact List

A = Adult Clinic C = Child Clinic

Cumulative Risk Diagnostic Clinic C

Alberta Children's Hospital, Child Development Centre
2888 Shaganappi Trail NW Calgary, AB T3B 6A8
[P] 403.955.5878

Enviros Neurodevelopmental Assessment and Diagnostic Centre A|C

#220, 3115 - 12th St NE Calgary, AB T2E 7J2
[P] 587.390.7045

Mustard Seed FASD Clinic A

1010 Centre St. SE Calgary, AB T2G 0V8
[P] 587.393.4021

Pediatric Specialty Clinic C

Children's Rehabilitation Services-Central Zone
#300 Professional Centre
5015-50 Ave. Camrose, AB T4V 3P7
[P] 780.608.8622

Prairie Central FASD Clinical Services A

#4838 49th St. Camrose, AB T4V 1N2
[P] 587.386.0186

Lakeland Centre for FASD A|C

Box 479 Cold Lake, AB T9M 1P1
[P] 780.594.9905

Alberta Hospital Edmonton

Turning Point Program [12-21yrs]
17480 Fort Rd. Edmonton, AB T5J 2J7
[P] 780.342.5002

Pediatric FASD Clinical Services C

Glenrose Rehabilitation Hospital
10230-111 Ave. Edmonton, AB T5G 0B7
[P] 780.735.8278

Glenrose Adult FASD Assessment Clinic A

Glenrose Rehabilitation Hospital
10230-111 Ave. Edmonton, AB T5G 0B7
[P] 780.735.6166

Canadian FASD Diagnostic & Training Centre A|C

316 Kingsway Garden Mall NW Edmonton, AB T5G 3A6
[P] 780.471.1860

Centrepoint Young Offender Program C

Suite 701, 10242-105 St. Edmonton, AB T5J 3L5
[P] 780.428.4524 ext. 227

Alberta Health Services/NEAFAN A|C

600 Signal Rd. Fort McMurray, AB T9H 3Z4
[P] 780.750.6678

NW Peace FASD Diagnostic Clinic A|C

#204 9805 97 St
Grande Prairie, AB T8V 8B9
[P] 780.533.5444

Northwest Primary Care Network C

Children and Youth FASD Diagnostic Clinic
11202-100 Ave. High Level, AB T0H 1Z0
[P] 780.841.3253

Northwest Regional FASD Society Mackenzie Network A

Box 3668 High Level, AB T0H 1Z0
[P] 780.926.3375

Northern Association for FASD A|C

4826 51 Ave. High Prairie, AB T0G 1E0
[P] 780.523.3699

Foothills FASD Assessment & Diagnostic Clinic A|C

101, 520 Macleod Trail, High River, Alberta T1V 1M3
[P] 403.652.4776

Lethbridge Family Services A|C

FASD Assessment & Diagnostic Clinic
1107-2nd Ave. "A" N. Lethbridge, AB T1H 0E6
[P] 403.320.9119

FASD Assessment & Support Services South East Alberta A|C

Bridges Family Programs
477 Third St. SE Medicine Hat, AB T1A 0G8
[P] 403.526.7473

Central Alberta FASD Network Clinic A|C

#206 33 McKenzie Cres. Red Deer County, AB T4S 2H4
[P] 403.342.7499 ext. 2

Complex Needs Diagnostic Clinic C

Wapski Mahikan Society, Alexander First Nation
Box 3479 Morinville, AB T8R 1S3
[P] 780.853.7723

Siksika FASD Clinic C

Box 1130 Siksika, AB T0J 3W0
[P] 403.734.5687

North West Central FASD A|C

Assessment & Diagnostic Team
Box 5389 Westlock, AB T7P 2P5
[P] 780.284.3415