

10 Years of Service

National Center on Birth Defects and Developmental Disabilities

The FASD Regional Training Centers: What do they offer and what can they do for you?

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Division of Birth Defects and Developmental Disabilities

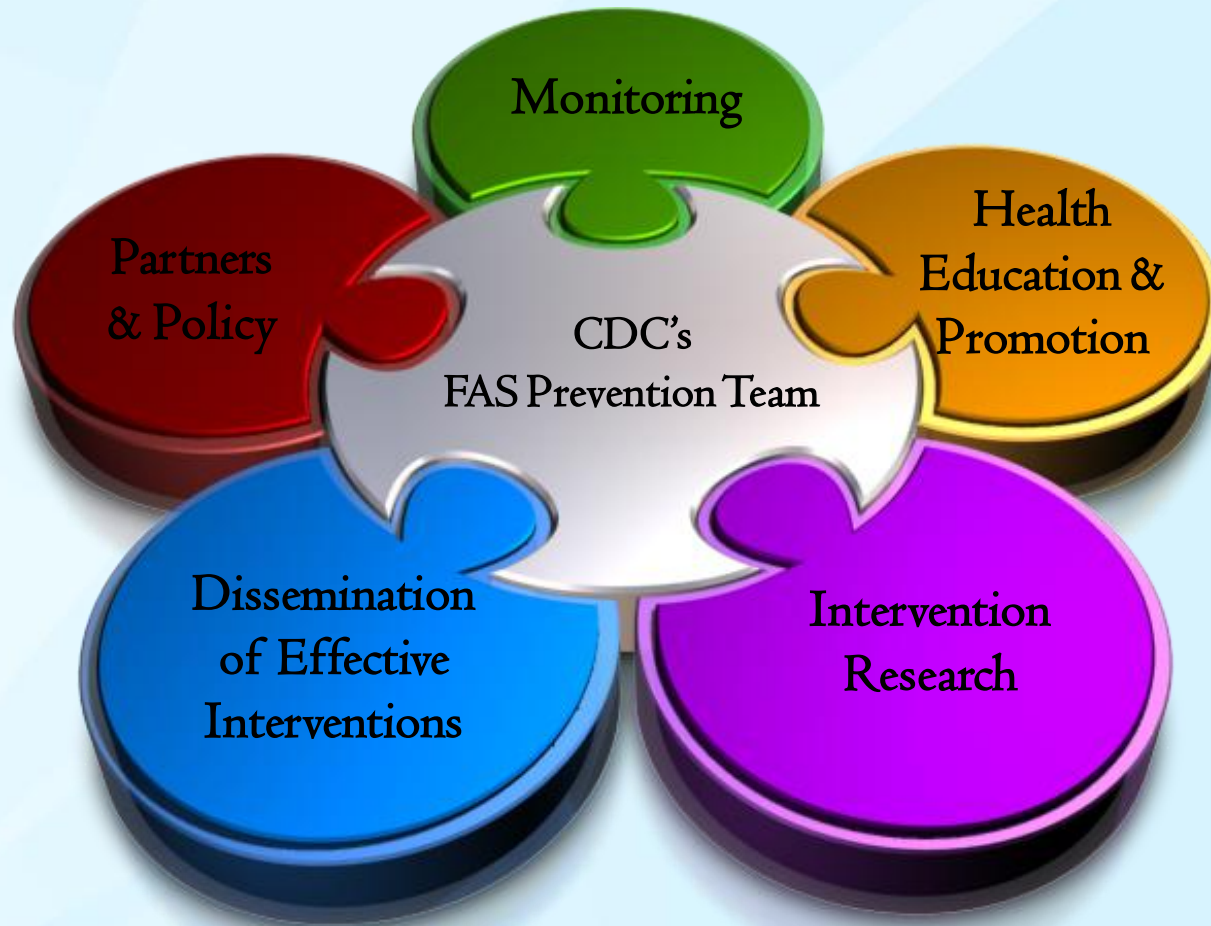


Mission of the Fetal Alcohol Syndrome (FAS) Prevention Team



To prevent FAS and other prenatal alcohol-related disorders, and to ameliorate these conditions in children already affected by them

Key Program Components



What can be done to prevent FASDs?

- ❑ Educate the public about the dangers of alcohol use during pregnancy
- ❑ Educate professionals in social service and educational settings about FASDs and the risks of drinking during pregnancy
- ❑ *Educate health care providers to screen and conduct brief interventions for women at risk for an alcohol-exposed pregnancy and to screen/refer/diagnose and treat those who are living with FASDs*

Surgeon General's 2005 Advisory on Alcohol Use in Pregnancy

- ❑ Women should not drink alcohol during pregnancy.**
- ❑ A woman who has already consumed alcohol during her pregnancy should stop in order to minimize further risk.**
- ❑ Women who are at risk for or who are considering becoming pregnant should not consume alcohol.**
- ❑ Health professionals should work with all women of childbearing age to reduce risk.**

Why are health professionals so important?

- ❑ HC professionals play a crucial role in identifying women at risk for an AEP and in identifying effects of prenatal alcohol exposure in individuals**
- ❑ Despite data regarding alcohol consumption among women of childbearing age and prevalence of FAS/FASDs, screening for alcohol use among female patients and diagnosis of FAS and related conditions are not yet common standards of care**
- ❑ Survey data with provider groups show much work remains to be done.....**

Why are health professionals so important?

- ❑ **There is a strong need for the training of medical and allied health students and practitioners in the prevention, identification, and management of FASDs**



Origin of the RTCs

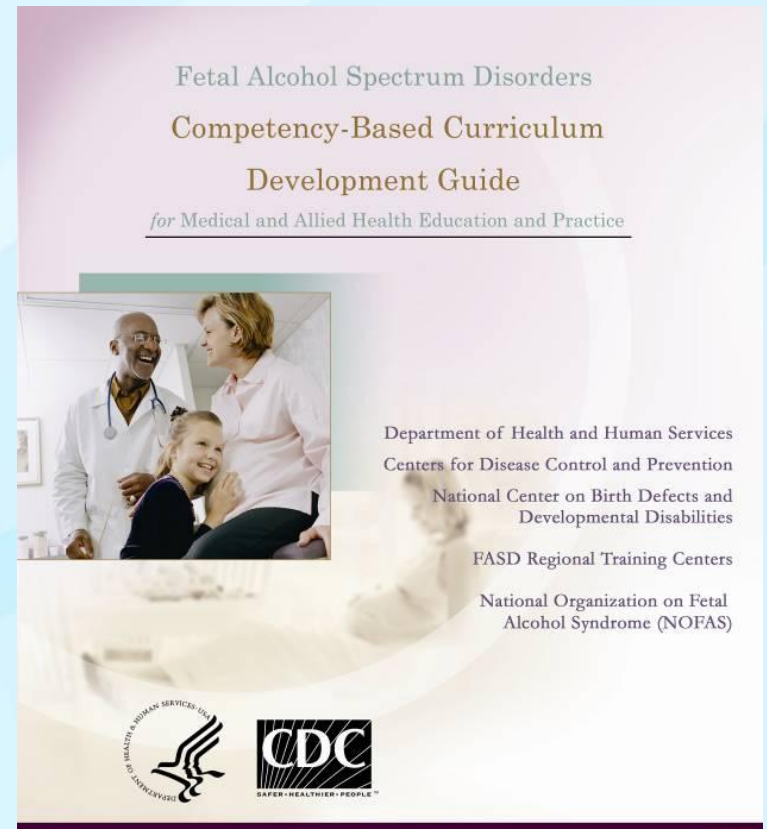
- ❑ **In 2002, Congressional language indicated that CDC would...**
 - Develop guidelines for the diagnosis of FAS and other prenatal alcohol-related conditions
 - Incorporate these guidelines into curricula for medical and allied health students and practitioners
- ❑ **In response, CDC funded the original four RTCs**
 - Southeast: Meharry Medical College
 - Northeast: Univ of Med & Dentistry of New Jersey
 - Midwest: Saint Louis University
 - West: UCLA

Goals of Original RTCs

- ❑ Develop, implement, and evaluate educational curricula for medical and allied health students and practitioners that incorporate diagnostic guidelines for FAS and other prenatal alcohol-related disorders**
- ❑ Disseminate curricula to audiences**
- ❑ Seek to have diagnostic guidelines and curricula incorporated into the training curricula of medical and allied health schools at the grantee's university or college and at other colleges and universities throughout their regions and into the credentialing requirements of professional boards**

FASD Core Competency Areas

- ❑ Foundation
- ❑ Screening and brief interventions
- ❑ Models of addiction
- ❑ Biomedical effects of alcohol on fetus
- ❑ Screening, diagnosis, and assessment of FAS
- ❑ Treatment across the lifespan for persons with FASDs
- ❑ Ethical, legal, and policy issues



FASD Regional Training Centers 2002–2008

- ❑ Trained approximately 30,000 students/practitioners in 23 states and Puerto Rico
- ❑ Published 12 articles
- ❑ Results found improvements in knowledge
- ❑ Medical students demonstrated ability to screen and intervene with women at risk
- ❑ Integrated FASD content into health professions schools
- ❑ Integrated standardized patient cases into medical school curricula
- ❑ Increased # of FASD competencies covered and time spent on FASDs
- ❑ Showed retention of knowledge and improvements in practice behaviors



In 2008....

- ❑ **In 2008, a new Funding Opportunity Announcement was published to fund five RTCs to:**
 - Develop, implement, and evaluate new training programs and/or enhance current training programs for medical and allied health students and practitioners regarding the prevention, identification, and management of FASDs, using the *FASD Competency-Based Curriculum Development Guide for Medical and Allied Health Education and Practice*.
- ❑ **Implementation of these programs aims to improve practice behaviors around FASD prevention, identification, and management and strengthen capacity among medical and allied health students and practitioners within these regions.**

FASD Regional Training Centers 2008–2011

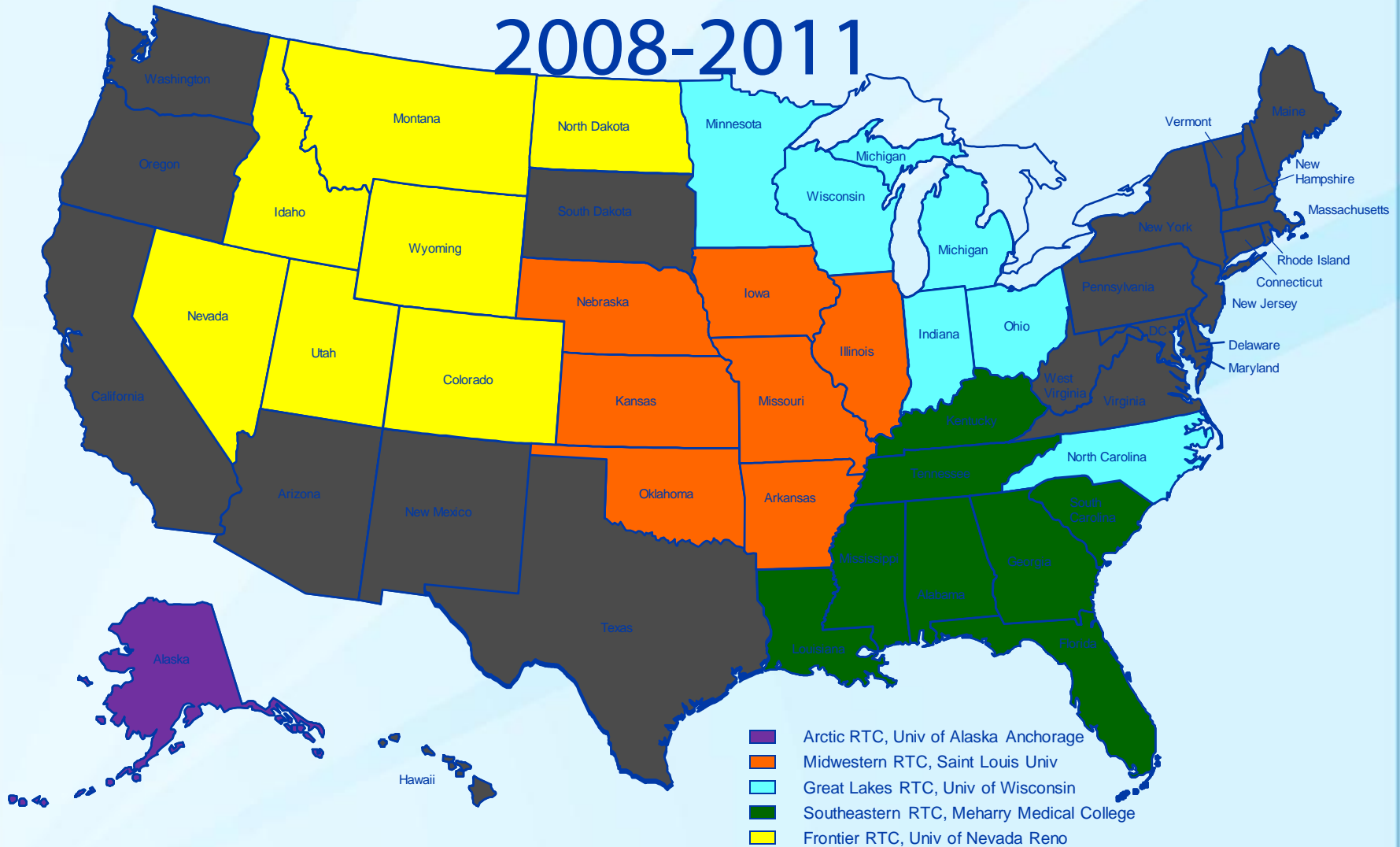
□ Five FASD RTCs funded for 3 years – 2008–2011



- Southeastern – Meharry Medical College*
- Midwestern – Saint Louis University*
- Arctic – University of Alaska, Anchorage
- Frontier – University of Nevada, Reno
- Great Lakes – University of Wisconsin

*Previously funded RTC

FASD Regional Training Centers, 2008-2011



What's different about the 2008–2011 RTCs?

- ❑ Additional approaches and training methods**
- ❑ Expanded geographic reach**
- ❑ Additional audiences**
- ❑ Increased focus on core common evaluation measures**
- ❑ Use of FASD Curriculum Development Guide**

To date....

- ❑ **Since October 2008, the current RTCs have....**
 - Trained 4,251 medical/allied health students
 - Trained 6,952 health care professionals
 - Conducted 471 trainings
 - Covered 69,944 minutes (1,166 hours) of training across the seven competencies
- ❑ **Collecting outcome evaluation data**
 - Knowledge
 - Practice behaviors/comfort/self-efficacy

Examples of RTC Trainings

- ❑ Train-the-Trainer events**
- ❑ Continuing education events for practicing providers**
- ❑ Infusion of FASD-related content into medical and allied health curricula**
- ❑ Grand Rounds (Peds, Family Medicine, OB-GYN, etc.)**
- ❑ Academic faculty conferences**
- ❑ Clinical skills development**
- ❑ Online courses**

Collaborations

- ❑ **American Academy of Pediatrics**
- ❑ **American College of Obstetricians and Gynecologists**
- ❑ **National Organization on Fetal Alcohol Syndrome**
- ❑ **State Health Agencies**
- ❑ **SAMHSA's Addiction Technology Transfer Centers**

Success Story Jinelle - Alaska

When Jinelle first attended an RTC training, she was working as a nursing assistant at a local children's psychiatric treatment center. She recently accepted employment as a Family Health Coordinator at a non-profit organization that serves rural Alaskans. She is now responsible for coordinating this organization's Head Start programs across Alaska. One of the first actions she plans on taking in her new position is to integrate FASD education into all Head Start programs using the *FASD Competency-Based Curriculum Development Guide*. This will further extend FASD education into rural communities throughout Alaska.

Success Story

Beth – Ob-Gyn in Missouri

“Prior to my involvement with MRFASTC, I routinely screened my patients for alcohol use; however, I took their answers at face value. Like many physicians, I mistakenly felt that using alcohol in pregnancy or engaging in excessive alcohol consumption wasn’t something my patients did. After my initial speaker training with MRFASTC, I began asking every patient at every visit about alcohol use and began following through with additional questions regarding frequency, amount, and type of alcohol use. In doing so, I elicited histories of alcohol use I would have otherwise never known: the woman who split a case of beer with her spouse every Friday and Saturday night, the woman who poured out her guilt over her drinking pattern and her fear that alcohol had affected her child, and the newly pregnant patient who was a recovering alcoholic. There is no doubt that FASD training has impacted my daily medical practice.”

How to contact the RTCs

Frontier

E-mail: mberry@casat.org

<http://frontier.fasdr.tc/>

Arctic

E-mail: anae1@uaa.alaska.edu

www.uaa.alaska.edu/arcticfasdrtc

Great Lakes

E-mail:

georgiana.wilton@fammed.wisc.edu

www.fasdeducation.org

Midwest

E-mail: tenkku@slu.edu

www.mrfastc.org

Southeast

E-mail: rzoorob@mmc.edu

www.fasdsoutheast.org

Multimedia & Tools

www.cdc.gov/fasd

Centers for Disease Control and Prevention - Windows Internet Explorer provided by ITSO

Centers for Disease Control and Prevention
Your Online Source for Credible Health Information

A-Z Index: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z #

Pregnancy
Alcohol and Pregnancy: What You Should Know **GO**

Health & Safety Topics

- Diseases & Conditions**
ADHD, Birth Defects, Cancer, Diabetes, Fetal Alcohol Syndrome, Flu, Hepatitis, HIV/AIDS, STDs...
- Healthy Living**
Bone Health, Physical Activity, Immunizations, Genetics, Sexual Health, Smoking Prevention...
- Emergency Preparedness & Response**
Bioterrorism, Chemical & Radiation Emergencies...

H1N1 flu (Swine Flu)

- Updates
- CDC H1N1 Estimates
- What to do if you get sick
- Vaccination
- Antiviral treatment

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Know what to do about the flu.
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Alcohol Use During Pregnancy

Fetal Alcohol Spectrum Disorders

Are 100% preventable.

If a woman doesn't drink while pregnant her child cannot have an FASD.

Learn More

National Center on Birth Defects and Developmental Disabilities

Why? How Much? Get Help

CDC Everyday Health

Published on: Sep 10, 2009

Have an alcohol-free Pregnancy

Click image for more information

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Video about living with FASDs: The Story of Iyal

This video tells the story of one family living with FASDs. Every family has unique experiences, challenges, and successes. The intent of this video is not to endorse specific interventions, but to share one family's story and hope. Watch or download the video.

Thank You!

**Questions?
edang@cdc.gov**

**RTCs page:
<http://www.cdc.gov/ncbddd/fasd/training.html#RTCs>**

**For more information on “10 Years of Service”
<http://www.cdc.gov/ncbddd/tenyears/>**

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

