

Post-Test: Fetal Alcohol Syndrome

Name _____
(Please enter legal name above)

Birth date (required)

Format: 01/03/1999

M	M	D	D	Y	Y	Y	Y

Where do you work? (example: HCMC, MVAHCS, etc.)
Enter N/A if you are not employed.

Hospital _____ Unit _____

*Email Address _____

*TCHP hospitals must use work email address.

I verify that I have read this home study and have completed the post-test and evaluation.

By checking this box, I am submitting my electronic signature to this statement.

Multiple choice

- 1) Fetal Alcohol Syndrome is a disability characterized by:
 - a) Growth retardation
 - b) CNS damage
 - c) Head and facial anomalies
 - d) B & C only
 - e) All of the above
- 2) What term or terms describe a disorder of prenatal alcohol-related CNS damage but without the head and facial anomalies?
 - a) Partial Fetal Alcohol Syndrome
 - b) Alcohol Related Neurodevelopmental Disorders
 - c) Both of the above
 - d) None of the above
- 3) What percentage of children born are exposed to high levels of alcohol in utero?
 - a) 10%
 - b) 5%
 - c) 30%
 - d) 2%
- 4) Which of the following characteristics make it more likely that a woman will consume alcohol during pregnancy?
 - a) Smoker
 - b) Married
 - c) High school drop out
 - d) A & C only
 - e) All of the above
- 5) Which of the following defects can occur with prenatal alcohol exposure?
 - a) Low birth weight
 - b) Hydrocephalus
 - c) Congenital heart defects
 - d) A & C only
 - e) All of the above
- 6) What is the most common secondary disability in children with FASD?
 - a) Mental illness
 - b) Homelessness
 - c) Alcoholism

True or False

- 7) Fewer than 10% of medical schools require students to complete a course on the proper diagnosis and referral of patients with alcoholism and other drug addictions.
- 8) Parents who have had a child with FAS are at much greater risk to have another child with FAS than the general population.
- 9) Children with FASD get frequent upper respiratory and ear infections due to an impaired immune system.
- 10) Children with FASD appear thin and malnourished throughout their lives.
- 11) Alcohol Related Neurodevelopmental Disorder (ARND) is a less severe form of Fetal Alcohol Syndrome (FAS).
- 12) Children with ARND don't "look" like a child with FAS.
- 13) Social drinking does not increase the risk of having a child with FASD.
- 14) Men are advised to stop using alcohol and other drugs at least 3 months before conception.
- 15) The facial characteristics of FAS are most noticeable between the ages of 2-10 years.
- 16) All children with FAS should have a hearing test.

- 17) Because most of the damage to the fetus occurs before the end of the first trimester, you shouldn't continue to encourage a pregnant woman to stop drinking during the remainder of her pregnancy.
- 18) Breast feeding may be impossible if a mother continues to drink regularly.
- 19) It is a good idea for children with FASD to get a flu shot every fall.
- 20) Children with FASD often have a social and emotional maturity many years behind their age in years.
- 21) Children with FASD learn at a consistent but slow pace.
- 22) Some teenagers may outgrow the effects of FASD.
- 23) Fewer than 10% of adults with FASD are able to live independently without employment problems.
- 24) If alcohol of sufficient quantity is not consumed during the critical period of development (15 to 22 days), then the head and facial characteristics of FAS may not develop.
- 25) Children who do not exhibit the facial and head characteristics of FAS will not receive a clinical diagnosis of FAS, even if they have lots of other disorders associated with prenatal alcohol exposure.
- 26) It is imperative that health care professionals become well educated on FASD and give clear, consistent messages about alcohol consumption during pregnancy (there is no known safe level of alcohol consumption during pregnancy).

Expiration date: The last day that post tests will be accepted for this edition is **December 31, 2015**—your envelope must be postmarked on or before that day.

Evaluation: Fetal Alcohol Syndrome

Please complete the evaluation form below by placing an "X" in the box that best fits your evaluation of this educational activity. Completion of this form is required to successfully complete the activity and be awarded contact hours.

At the end of this home study program, I am able to:	Strongly Agree, Agree, Neutral, Disagree, Strongly Disagree
1) Define Fetal Alcohol Spectrum Disorder (FASD) and Fetal Alcohol Syndrome (FAS).	
2) Describe the risk factors that can lead to FASD.	
3) Identify 5 or more traits of a child with FASD.	
4) Explain why the neurodevelopmental disorders that occur with FASD can be the most devastating.	
5) Describe how the timing of prenatal alcohol exposure during pregnancy affects the development of disorders in the child.	
6) Identify 3 ways that health care professionals can decrease the impact of FASD.	
7) List 3 points to include in patient education with a family dealing with FASD.	
8) The teaching / learning resources were effective. <i>If not, please comment:</i>	

The following were disclosed in writing prior to, or at the start of, this educational activity (please refer to the first 2 pages of the booklet).	YES or NO
9) Notice of requirements for successful completion, including purpose and objectives	
10) Conflict of interest	
11) Disclosure of relevant financial relationships and mechanism to identify and resolve conflicts of interest	
12) Sponsorship or commercial support	
13) Non-endorsement of products	
14) Off-label use	
15) Expiration Date for Awarding Contact Hours	
16) Did you, as a participant, notice any bias in this educational activity that was not previously disclosed? <i>If yes, please describe the nature of the bias:</i>	

17) How long did it take you to read this home study and complete the post test and evaluation:
 _____ hours and _____ minutes.

18) Did you feel that the number of contact hours offered for this educational activity was appropriate for the amount of time you spent on it?
 ___ Yes
 ___ No, more contact hours should have been offered
 ___ No, fewer contact hours should have been offered.

Expiration date: December 31, 2015
