

# T-ACE ALCOHOL SCREENING TOOL

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**TOLERANCE** How many drinks does it take to make you feel the first effect? 3 or more drinks: **2 points** \_\_\_\_\_ POINTS

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**ANNOYED** Have people annoyed you by criticizing your drinking? Yes: **1 point** \_\_\_\_\_ POINTS

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**CUT DOWN** Have you felt you ought to cut down on your drinking? Yes: **1 point** \_\_\_\_\_ POINTS

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**EYE-OPENER** Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover? Yes: **1 point** \_\_\_\_\_ POINTS

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A score of 2 or more indicates risk of a drinking problem, and the woman should be referred for further assessment.

**TOTAL SCORE** \_\_\_\_\_ POINTS



## The Prevention Conversation

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It's time to talk about alcohol and pregnancy

# A Proven Approach to FASD Prevention

According to research published in *Prevention of Fetal Alcohol Spectrum Disorder FASD – Who is Responsible?* (Institute of Health Economics, 2011), “screening programs for prenatal use of alcohol have proven effective in identifying high-risk women, and there is strong evidence of the effectiveness of several types of intervention in reducing alcohol use during pregnancy.”

The Canadian guidelines for diagnosis of FASD recommend screening all pregnant and post-partum women for alcohol use. Such screening can improve maternal/child health outcomes through early identification and reduction of problem maternal drinking, early identification of exposed infants, and earlier diagnosis of FASD.

Research shows 5-10 minute counselling sessions can reduce alcohol consumption during pregnancy by up to 30%.

Screening and brief interventions need to be embraced as standards of care.

## MESSAGES ON ALCOHOL USE

- It's safest not to drink alcohol during pregnancy.
- It's never too late during pregnancy to reduce risk.
- Drinking at any point during pregnancy can result in lifelong disabilities.
- If you drink alcohol and are sexually active, make sure you use effective contraception.
- If patient fears withdrawal symptoms or says she needs help to stop drinking, refer to qualified treatment centre.