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Fetal Alcohol Spectrum Disorders (FASD) prevention and practice through national partnerships

Irene Kane, Ann M Mitchell, Kathy Puskar, Holly Hagle, Dawn Lindsay and Susan A Albrecht
University of Pittsburgh, USA

Background: All health professionals, especially nurses, are uniquely positioned to identify, intervene with and educate women about risks associated with excessive alcohol use. Nurses can: identify women at risk for alcohol-exposed pregnancy (AEP); deliver evidence-based interventions to at-risk women and; provide referrals as necessary. The Centers for Disease Control (CDC) has funded University of Pittsburgh, School of Nursing in collaboration with University of Alaska and University of California at San Diego to disseminate information about alcohol screening and brief intervention (SBI) for prevention of AEPs and fetal alcohol spectrum disorders (FASD). Alcohol use among women of child bearing age (18 to 44 years) has remained high over the past several decades (CDC, 2014, 1999; SAMHSA, 2004). Alcohol use screening is not a routine standard of care, and yet, FASD training for nurses can be effective.

Aim: Aims of this study are to: Describe the findings from the nursing environmental scan related to information on FASD; describe the gaps in nurses' knowledge related to FASD and; collaborate with national nursing partner organizations to increase the reach and number of nurses trained to use alcohol SBI to prevent AEPs and FASDs.

Results: An environmental scan was completed to identify evidence-based/evidence-informed training materials and resources related to alcohol SBI and FASD. The environmental scan reviewed existing literature, statements of national nursing organizations, and training curricula. Over 400 items initially were obtained. Abstracts were used to narrow down to the most relevant material. Thus, 125 items were reviewed in-depth and rated on several factors including coverage of alcohol SBI, FASD issues and potential patient reach and sustainability. Results point to areas where nurses can improve their knowledge, attitudes and behaviors related to alcohol SBI for AEPs and FASD.

Conclusion: This extensive process will serve as the basis to complete a national training plan for nursing practice around implementation with multiple nursing organizations.

Biography

Irene Kane is an Associate Professor of Nursing with extensive clinical, teaching and research experience in developing and teaching health promotion programs emphasizing disease prevention and health management to improve psychobiological wellbeing. She is a certified Screening Brief Intervention and Referral to Treatment (SBIRT) trainer with over 25 papers published in peer-reviewed journals and share SBIRT training knowledge, skills and outcomes to address substance use identification and brief interventions earlier along the continuum of use, misuse, abuse and dependence.

irk1@pitt.edu

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