The Motherisk guide to diagnosing Fetal Alcohol Spectrum Disorder

Gideon Koren, MD, FRCP(C)
Irena Nulman, MD
Dear colleague:

Most cases of Fetal Alcohol Spectrum Disorder are presently undiagnosed and therefore not managed appropriately. In a recent physician survey conducted by the Motherisk program at The Hospital for Sick Children, most physicians expressed a need to know more about diagnosing this disorder. As part of Motherisk’s new national program to train and certify health professionals in the detection and diagnosis of fetal alcohol related abnormalities, we are pleased to present this guidebook.

This guidebook contains all the information you need to screen for Fetal Alcohol Spectrum Disorder, commonly known as Fetal Alcohol Syndrome and Fetal Alcohol Effects. We have limited the contents to the essential information, recognizing that there are great demands on your time. However, we have also included a reference list should you wish to further expand your knowledge on this subject.

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Gideon Koren, MD, FABMT, FRCP(C)  Irena Nulman, MD
Director  Associate Director
Motherisk Program  Motherisk Program
The Hospital for Sick Children  The Hospital for Sick Children
Toronto  Canada  Toronto  Canada

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Motherisk Fetal Alcohol Checklist

**Patient name and age:** ____________________________________

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<th>yes</th>
<th>no</th>
<th>unclear</th>
<th>details</th>
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<td>Evidence of maternal drinking?</td>
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<tr>
<td>Intrauterine growth retardation?</td>
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<td>Postnatal growth retardation?</td>
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<tr>
<td>Decreased head circumference?</td>
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<tr>
<td>Short palpebral fissure (less than 2 S.D. for age)?</td>
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<td>Lip philtrum findings? (See Fig. 2.19)</td>
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<tr>
<td>Increased philtrum length? (See Figs. 2.17 and 2.18)</td>
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<tr>
<td>Pathological behavioural findings?</td>
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<td>Pathological neurodevelopmental tests?</td>
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<td>Other anomalies?</td>
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Table 5.2 Fetal Alcohol Checklist.
Cover art images:

Palberal fissure length (From Handbook of Normal Physical Measurements, Hall, Froster-Iskenius and Allanson, Oxford University Press, 1995. Fig. 7.43; p.148, by permission of Oxford University Press)
