

Introduction

All children in life deserve the best start no matter what.

From my experience in the primary health setting, I was left wanting to know more about the undermining issue of Fetal Alcohol Spectrum Disorder (FASD), as well as New Zealand's drinking problem. I was able to attend a number of seminars, which spoke about the lack of resources New Zealand has on the issue and how alcohol consumption is high in women before and during pregnancy compared to other countries. To aid my research I formulated the question:

Are young women in New Zealand aware of the effects consuming too much alcohol before and during pregnancy has and is this an issue a growing cause for the rising rates of Fetal Alcohol Spectrum Disorder.

Literature review

The literature identified:

Fetal Alcohol Spectrum Disorder (FASD) an umbrella term in describing a range of birth defects due to prenatal alcohol exposure (Roozen et al., 2016a), as a growing issue in New Zealand. Around 570 New Zealand children are born with FASD every year (Ministry of health, 2016). Between 2009-2018 30,000 children are likely to be born with FASD where currently 5 out of 100 babies are being born with it (Minsitry of health, 2016).

It was found that 80% of New Zealand women consumed alcohol at the time of conceiving where a further 25-40% of women continued to drink throughout pregnancy (AHW, 2010). These statistics were seen as high compared to other first world countries (AHW, 2010).

It was also seen that the level of knowledge both our health professionals have and the information our pregnant mothers are receiving is limited. In a study 1/3 of participants did not understand the information they received around alcohol consumption during pregnancy. And only 25% of health professionals could correctly diagnose a child with FASD (Wouldes, 2009).

References

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Implications for practice

It is evident from the literature that New Zealand lacks in knowledge around FASD, as well as clear information to give to women around the consequences of consuming alcohol while pregnant. Competent nursing implications are needed in assisting pregnant women in receiving effective information of how alcohol can affect their child.

The implications of not addressing these issues will lead to an increase need in resources for the ever-growing numbers of children with FASD who will require support, and more nurses will be required to facilitate these needs.

Recommendations

- Improvement of education of the Taking action on FASD: 2016-2019 action plan to health professionals. District Health Boards throughout New Zealand should provide training days in regards to this action plan.
- Registered nurses become more aware and able to recognize at risk women. Those women more vulnerable to drinking during their pregnancy.

Conclusion

In conclusion it has been seen through the large range of literature, that New Zealand is lacking in knowledge of FASD. It has been seen that New Zealand has high rates of women consuming alcohol before and throughout pregnancy. It has also been seen that knowledge varies throughout clinicians and women are not being given consistent advice around alcohol and pregnancy. Improving both health professionals and women's knowledge on FASD would help in reducing rates of FASD as well as registered nurses' ability to identify at risk mothers. Decreasing New Zealand's drinking culture would also be a positive shift in reducing the rising rates of FASD in

Summary

Posters are a form of visual learning, where information is presented in a creative visual way. Visualizations help in structuring information, by placing information in context and making it more memorable. Visual learning enhances learning outcomes and engages the students' interest in the topic in a user friendly manor that allows audiences of all levels to be able to access the information with the opportunity for greater discussions to be made from the base information (Ellstrom, 2013).

I chose to present my poster due to the above reasons as well as the fact I am a visual learner and find it an effective way to retain information. Posters can be portrayed in many different environments and I believe the information on this poster would be beneficial in many different areas to target a large audience. The information provided on the poster allows the audience to gain a artistic view of the information needing to be portrayed as well as being simple and easy to read for people of all levels. I hope the information I have provided on the poster helps inform people that this is a growing issue and changes need to be made.

As a student being exposed to the primary health setting it was evident that a lot of younger mothers were requiring a greater need of support. I was also able to attend a number of seminars on Fetal Alcohol Spectrum Disorder and how much New Zealand lacks behind the rest of the world. It made me realise that an increase in awareness around the harms of alcohol consumption during pregnancy is needed and fast, as well as health professionals being able to competently diagnose and recognize children with signs of Fetal Alcohol Spectrum Disorder.

PECOT	Information relating to question	Explanation
Population	Women, especially pregnant women.	Women who are pregnant, especially young women in vulnerable groups as well as women who may abuse alcohol as they may not be aware of the harmful effects alcohol has on an unborn baby.
Exposure (Intervention)	Pregnant mothers who are exposed to alcohol.	I will look into articles that explore the effects of alcohol during pregnancy. More specifically I will look into articles that explore Fetal Alcohol Spectrum Disorder as a result of alcohol consumption in New Zealand. I will explore how international interventions are being put in place to reduce alcohol consumption and if New Zealand
Comparison/ Control	I will look into New Zealand's binge drinking culture and whether or not this is a major influence on women drinking while pregnant.	As my question focuses on the effects of alcohol consumption during pregnancy I will be looking into articles on alcohol consumption and pregnancy and the effects from this.
Outcome	The outcome of my research will be to conduct an argument as to whether or not we need more awareness of the harmful effects that alcohol consumption has during pregnancy and education on FASD to improve women's knowledge to not drink while pregnant.	By searching for a wide range of research articles on how alcohol consumption negatively effects pregnancy it will allow me to understand the implications that may be needed to help attack this growing problem.
Time	This issue is ongoing.	This issue is ongoing.

References

Margrethe Ellstrom, 2013. *Benefits of Presenting Information Visually and Guidelines on How to Do It An Introduction to Static Information Visualizations for Novices*. Retrieved from <https://www.ntnu.no/documents/10401/1264433962/MargretheEArtikkel.pdf/f99bdce2-4208-470d-baf2-0065cedf60d0>

Whitehead, D. (2013). *Searching and reviewing the research literature*. In Z. Schneider, & D. Whitehead, *Nursing and Midwifery Research methods and appraisal evidence-based practice* (p. 44). Chatswood, NSW, Australia: Elsevier Australia.