



Advancing Pediatric Care: Successful Strategies for Supporting Children with FASDs

Rosa Arvizu, MPH *(expected graduation May 2026)*
Program Manager, FASD Program

Hope Barrett, MPH
Director, Adolescent Health & Substance Use Initiatives





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FASDs: What is the Baseline in Pediatric Care?
Literature Review




- Children with fetal alcohol spectrum disorders (FASDs) experience complex developmental, behavioral, and medical needs requiring coordinated, family-centered care across the **pediatric lifespan and into adulthood**.^{1,2}
- FASDs are common, but screening for prenatal alcohol exposure (PAE) and diagnosing FASDs remain a significant challenge for many pediatricians.^{1,2,3}

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FASDs: What is the Baseline in Pediatric Care?
Literature Review
(continued)




- In a study among 779 clinicians, pediatricians (71.5%) were more likely to collect PAE history for adopted/foster children when compared to other clinicians.³
 - New patients (29.8%)
- Findings indicate inconsistent screening practices across specialties, particularly for **routine or non-high-risk patient encounters**.
- Other factors include stigma around substance use during pregnancy and fear of labeling the child or offending the parent.²

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FASDs: What is the Baseline in Pediatric Care?
Literature Review (continued)




- Based on 2018-2024 unpublished AAP internal report,⁴ pediatric clinicians reported:
 - Limited training
 - Uneasiness with assessing for prenatal alcohol exposure
 - Limited comfort and preparedness with FASD diagnosis- the "alphabet soup"
 - Uncertainty about coordinated management due to the lack of resources or programs within their states and communities
- Result: Many children remain underdiagnosed, misdiagnosed, or not connected to services.

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FASD Champions Across AAP Districts¹



Evaluation 2018-2024:


- 8,580 learners
- All 50 states had at least one participant involved
- Active engagement was especially prominent in states often recognized for having more developed services and capacity for families impacted by FASDs.

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AAP's Response to the Need
Strengthened provider knowledge through innovative education

- The AAP has prioritized:
 - Increasing pediatric provider awareness
 - Improving diagnostic confidence
 - Supporting clinical care in the pediatric medical home (and their state)
- AAP strategies include:
 - Educational curricula (online courses and recorded webinars)
 - Quality improvement collaboratives
 - Champion networks
 - FASD Toolkit and job aids



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AAP's Response to the Need

Created a "Roadmap to Managing FASDs in the Pediatric Medical Home"

- Purpose
 - Convert evidence-based diagnostic frameworks into a user-friendly, mnemonic-based job aid.
- Help clinicians:
 - Recognize symptoms and highlight the importance of screening for prenatal alcohol exposure
- Mnemonic
 - Fetal/prenatal alcohol exposure
 - Adaptive skill delays
 - Self-regulation problems
 - Developmental delays

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AAP's Response to the Need

Created a "Roadmap to Managing FASDs in the Pediatric Medical Home"

How the Roadmap Was Built

- Developed collaboratively by the AAP FASD Champion Network, including:
 - General pediatricians
 - Developmental-behavioral specialists
 - Family advocates
 - AAP program staff
 - Graphic design consulting company

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AAP's Response to the Need


Delivered the Roadmap Nationally


- The tool has been integrated into:
 - AAP Virtual Learning Collaborative (VLC)
 - Provides training, case discussions, and real-time application
 - AAP FASD Toolkit
 - Ensures broad access to all clinicians
 - National roundtable discussions (typically in September)
 - Helps normalize conversations and share current experiences and needs
 - AAP communication channels
 - Social media, newsletters, webinars, state chapter communication

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Lessons Learned

- Clinicians want simple, clear tools.
- Confidence increases when clinicians practice using case examples and engage with subject matter experts.
- Stigma decreases with increased knowledge and peer support.
- Integrated care improves outcomes for both children and families.



 **Tools like the roadmap cannot solve these barriers alone, but they create momentum, confidence, and consistency.**


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Conclusion

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- The primary care medical home plays a pivotal role in the continuity and integration of care for children with FASDs.¹
- Supporting a patient and family after a diagnosis of an FASD is integral to a high-quality medical home.¹
- Pediatricians can access the roadmap, join learning collaboratives, and utilize AAP national resources.



Together, we can build FASD Champions.

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