**Presentation title**

How GPs can help support alcohol-free pregnancies

**Session summary**

Delegates will explore ways to discuss alcohol with women who are pregnant or planning a pregnancy through case study discussions; and build on their strengths and capacity to deliver brief interventions.

**Presentation outline**

* The National Health and Medical Research Council (NHMRC) Australian Guidelines to reduce health risks from drinking alcohol (the Alcohol Guidelines) were updated in December 2020.
* The Alcohol Guidelines advise that to prevent harm from alcohol to their unborn child, women who are pregnant or planning a pregnancy should not drink alcohol.[[1]](#footnote-2)
* In this session a GP will provide engaging case studies to explore ways to discuss alcohol with women who are pregnant or planning a pregnancy, how to assess alcohol consumption during pregnancy and what advice to provide.
* Delegates will also hear from an advocate who has lived experience of Fetal Alcohol Spectrum Disorder (FASD), either in person or via video.

**Learning outcomes**

1. Increased awareness of the impact of FASD on people’s lives.
2. Increased understanding of the risks of alcohol consumption during pregnancy and when planning pregnancy.
3. Increased confidence to assess alcohol during pregnancy, provide advice that is consistent with the Alcohol Guidelines and to provide brief intervention.

**How will delegates be involved throughout this presentation?**

* During the case studies, delegates will be encouraged to interact in small groups and share thoughts and discussions with the wider audience.
* Through their participation, delegates will build on their strengths and capacity to deliver brief interventions to women who are pregnant or planning a pregnancy.

1. National Health and Medical Research Council, Australian Research Council and Universities Australia. (2020). Australian Guidelines to Reduce Health Risks from Drinking Alcohol. Canberra, ACT: Commonwealth of Australia, Canberra. [↑](#footnote-ref-2)