



The Risk-drinking project

Sub-project Midwives

Eva-Karin Envall

RN, RNM



The Risk-drinking project

- Started in 2004
- 12 sub projects
- Commissioned by the Government
- Forceful economic support by the Swedish government
- Education in Primary Health Care (physicians, RN:s, RNM:s, others)

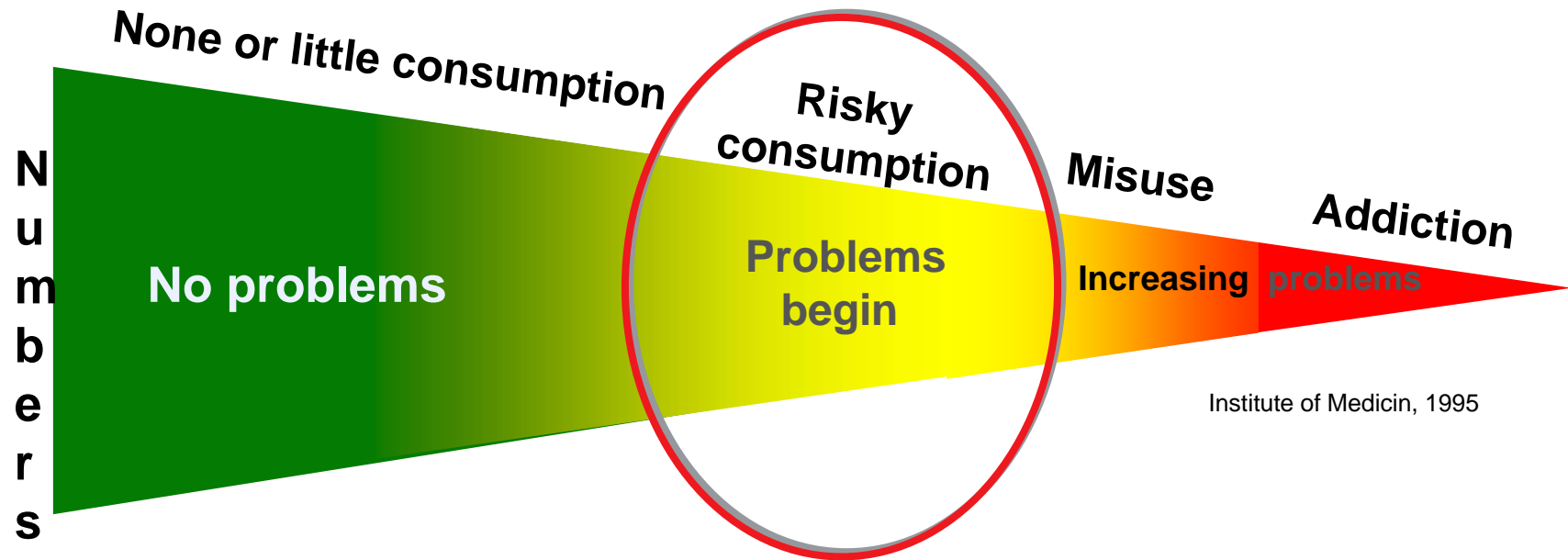


Strategy

- Close cooperation with professional associations
- Strong focus on education and networking
- Based on up to date scientific research concerning facts and methods

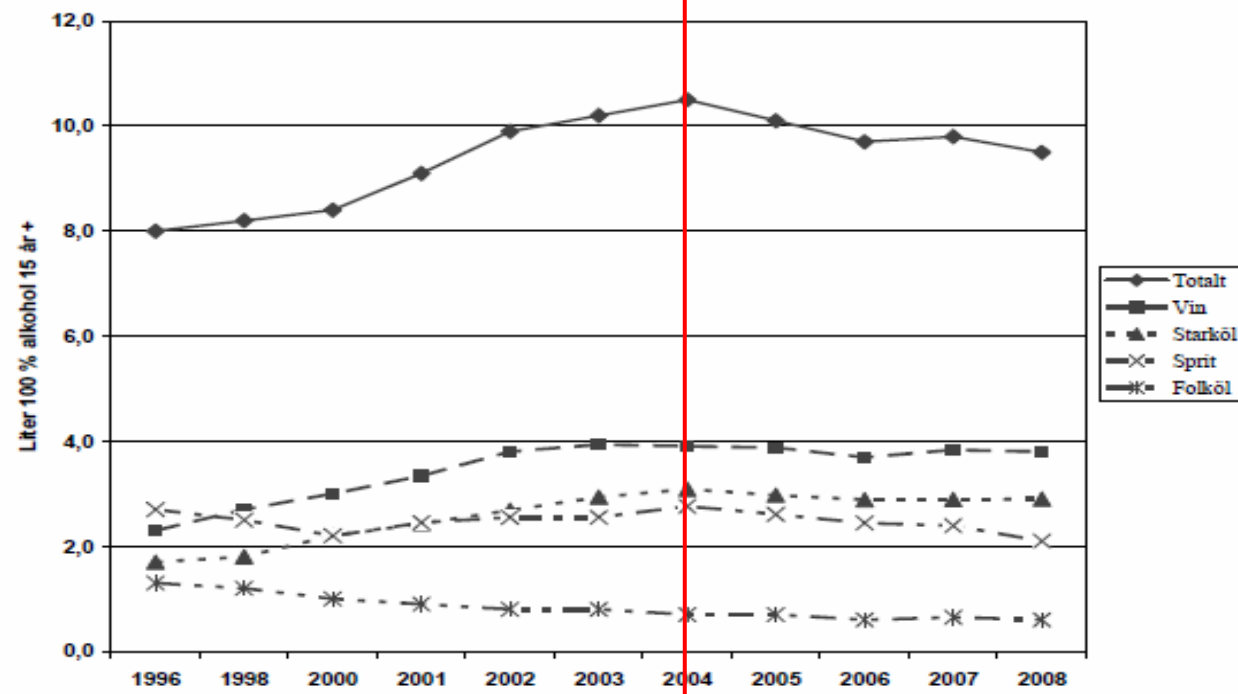


Our focus



It started 1996...

Diagram 2. Den totala alkoholkonsumtionen och dryckesspecifika trender i Sverige 1996-2008 (liter 100 % alkohol per invånare 15 år och äldre).



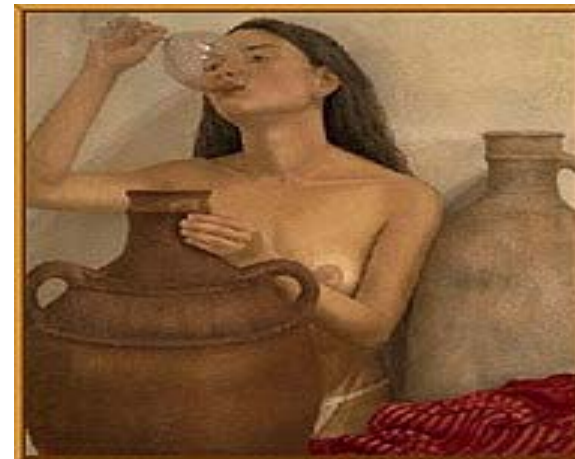
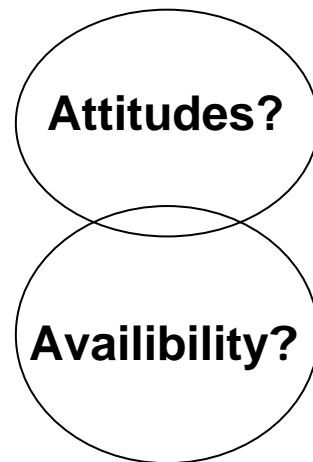
Ante Natal Care in Sweden Midwifery clinics

- All pregnant women are offered **free Ante Natal Care**
- ANC Midwifery clinics are **conducted by midwives**
- Monitoring the **normal pregnancy**, screens for pregnancies at risk
- **99,9%** pregnant woman have regularly ANC contact, aver. 8-10 times during pregnancy



Daily drinking more common

Why do women drink heavier and more often?



Good reasons for the midwife to work with alcohol prevention among pregnant women!



We have to consider that...

- Women who give birth are **older**
- Changed **social patterns**
- **Increasing** alcohol consumption
- **Knowledge** about alcohol effects for the fetus?



Photo: K. Ernst



Even low doses of alcohol during pregnancy
could be harmful!

Research data:

**10 – 12 grammes/day or 70 grammes/week in
early pregnancy increases risk for the fetus!**

(Streissguth et al. 1980, Little et al. 1980, Russel et al 1994, and
others)

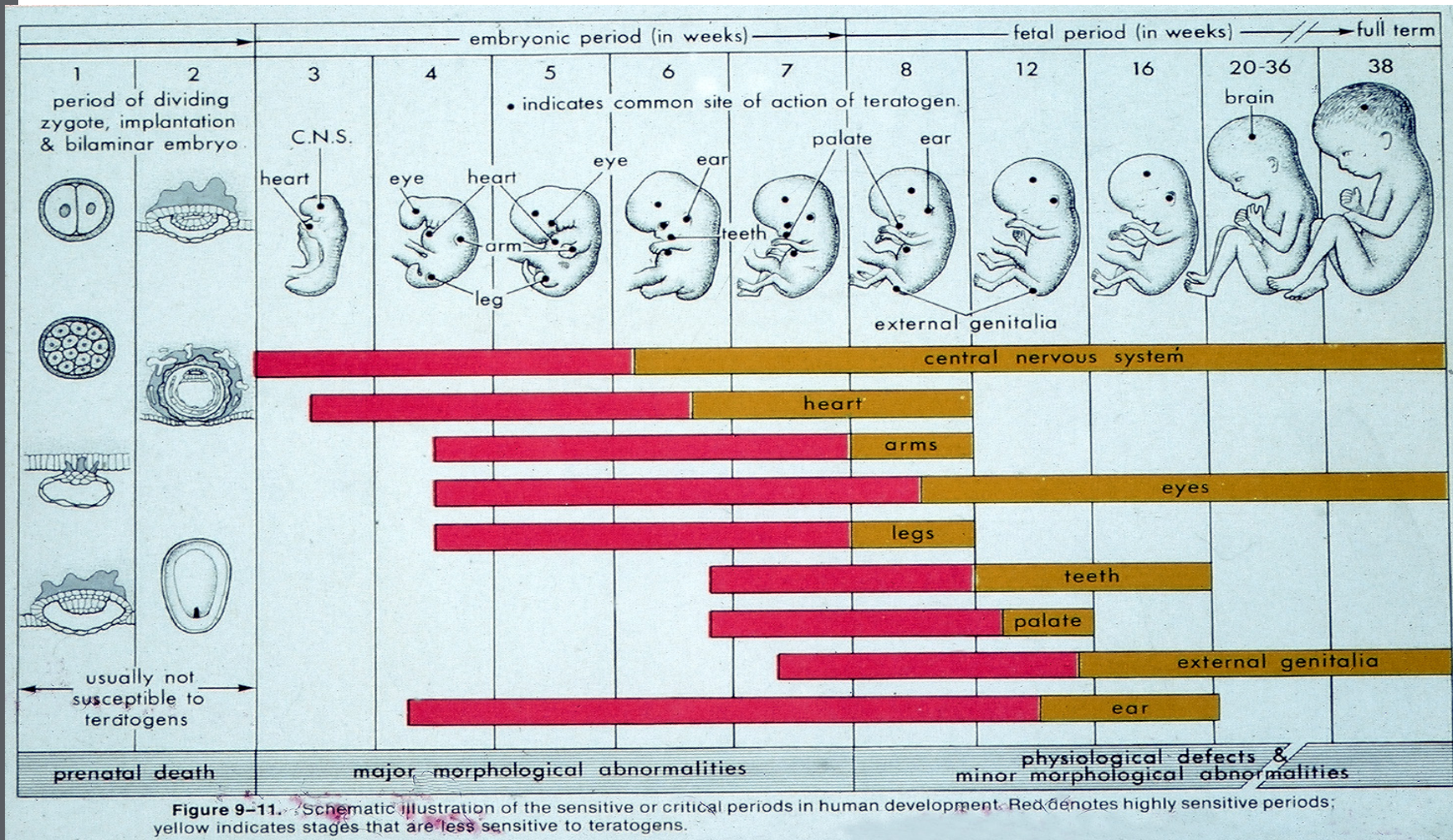
Sic!

Binge drinking

60 – 70 grammes at a singel episode

Special risks!





Källa: Fetal Alcohol Syndrome Diagnosis, Epidemiology, Prevention and treatment, Institute of medicine 1995

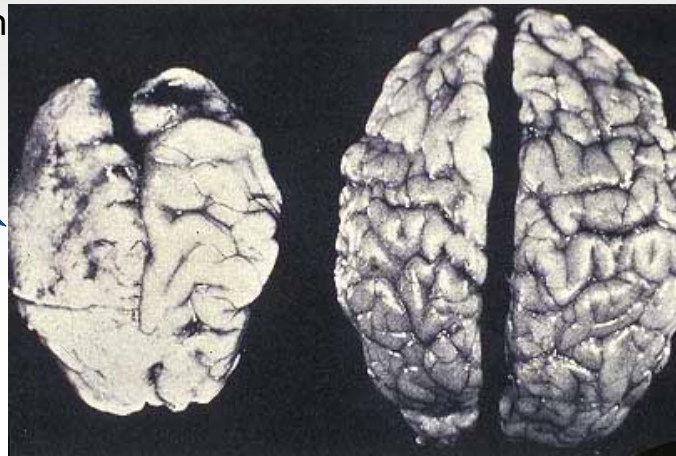


The brain is very vulnerable!

**Alcohol blocks
the development of cells!**

The brain develops from the third week of pregnancy!!

Damaged baby brain
6 weeks of age



Normal baby brain,
6 weeks of age



What can the midwife do?



- **Identify** harmful consumption
- **Inform** about alcohol och risks for the child
- **Motivate** to change life style (if necessary)

There are good reason for the midwife to work with alcohol prevention among pregnant women!



Tools and methods

AUDIT – the pregnant woman

TLFB - the child

MI - the midwife



www.fhi.se/barnmorskor

Bilaga 1. AUDIT-formulär

AUDIT

Här är ett antal frågor om din alkoholkonsumtion. Vi är intresserade av de besvar som du angiver och tillgrip inte några andra svar än de som du anger när du svarar.

Med en "standardglas" menas:



Hur ofta dricker du vin? aldrig sällan ofta

| Fråga | aldrig | sällan | ofta | ibland | ibland | ofta |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1. Hur ofta dricker du öl? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Hur många "standardglas" dricker du vanligtvis på en typisk dag du dricker alkohol? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Hur ofta dricker du vin, öl eller "standardglas" när du är ensam? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Hur ofta under ett vanligt kvällsarbete dricker du öl? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Hur ofta under ett vanligt kvällsarbete dricker du vin? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Hur ofta under en vanlig kvällsarbetsdag dricker du öl? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Hur ofta under en vanlig kvällsarbetsdag dricker du vin? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Hur ofta under ett vanligt kvällsarbete dricker du öl? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Hur ofta under ett vanligt kvällsarbete dricker du vin? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Hur ofta under ett vanligt kvällsarbete dricker du öl? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Hur ofta under ett vanligt kvällsarbete dricker du vin? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Här är besvarat till frågan: - Tack för din medverkan!

Formuläret kan laddas hem och skrivas ut från www.fhi.se/riskbruksprojektet, se rubriken Barnmorskor.



Bilaga 2. TLFB-formulär

Time Line Follow Back graviditetsvecka 1–20

Namn

Ålder

| Veckodag | | | | | | | |
|-------------------|-------|-------|-------|-------|-------|-------|-------|
| Graviditets-vecka | Dag 0 | Dag 1 | Dag 2 | Dag 3 | Dag 4 | Dag 5 | Dag 6 |
| 0 | | | | | | | |
| 1 | | | | | | | |
| 2 | | | | | | | |
| 3 | | | | | | | |
| 4 | | | | | | | |
| 5 | | | | | | | |
| 6 | | | | | | | |
| 7 | | | | | | | |
| 8 | | | | | | | |
| 9 | | | | | | | |
| 10 | | | | | | | |
| 11 | | | | | | | |
| 12 | | | | | | | |
| 13 | | | | | | | |
| 14 | | | | | | | |
| 15 | | | | | | | |
| 16 | | | | | | | |
| 17 | | | | | | | |
| 18 | | | | | | | |
| 19 | | | | | | | |

Formuläret kan laddas hem och skrivas ut från
www.fhi.se/riskbruksprojektet, se rubriken Barmorskor.



Important

Alcohol information
must be given early in
pregnancy!



A good start

When you discover that you are expecting a baby you suddenly need to think about some of your previous habits. This pamphlet will explain why it is a good idea to decide to give up alcohol whilst you are pregnant. The choice is yours – but it is not just you who is affected by what you do.



Educated midwives net working

- 99 % of Swedish midwives in Primary Health Care are educated concerning the risk drinking issue (tools and methods)
- 41 special trained tutors (midwives) all over the country
- National net works between different regions and between Child Health Services



How to bring about guarantee of quality?

Guidelines – national and local level

Frequent extension courses

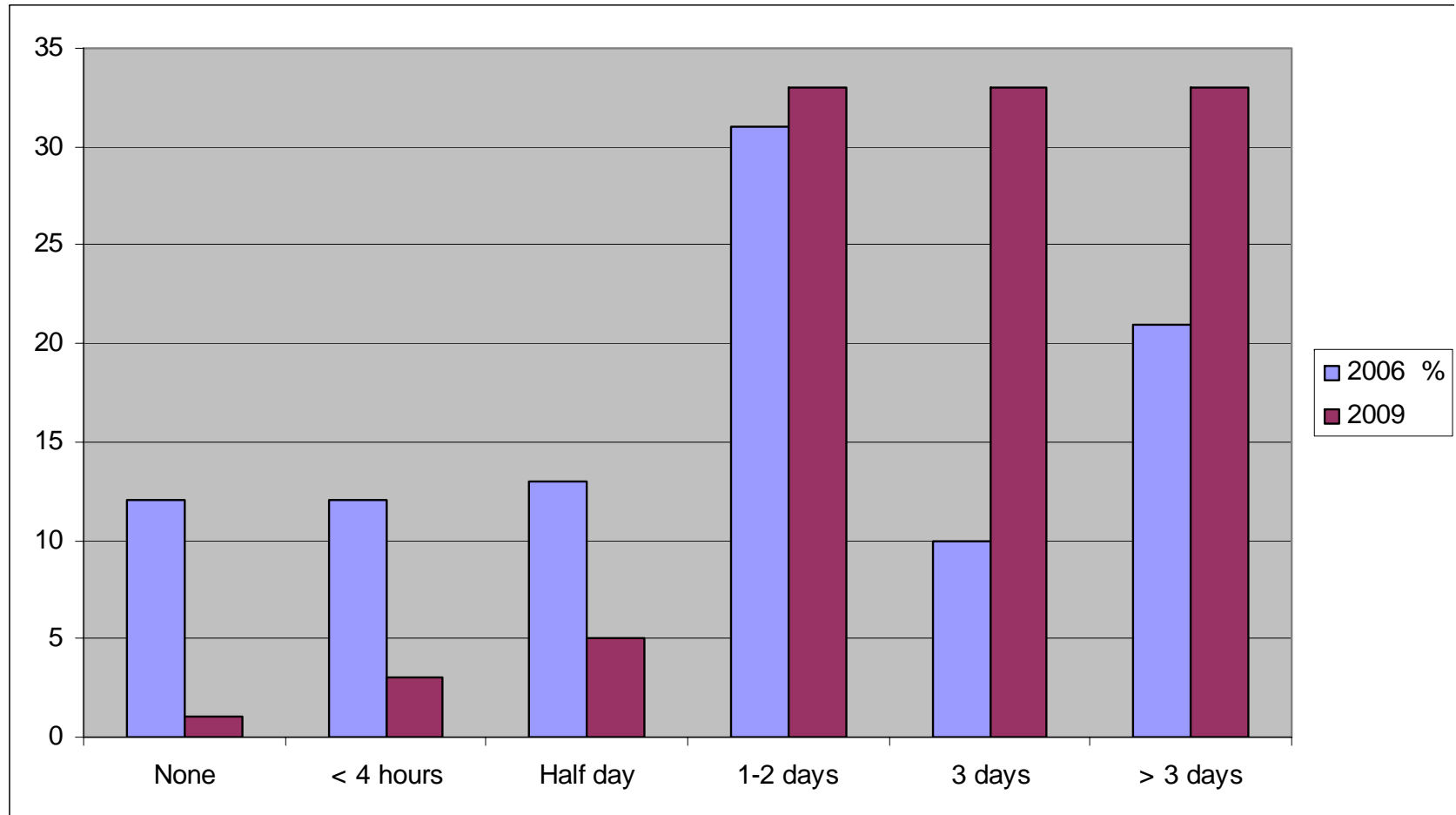
Follow-ups

Nationell quality register



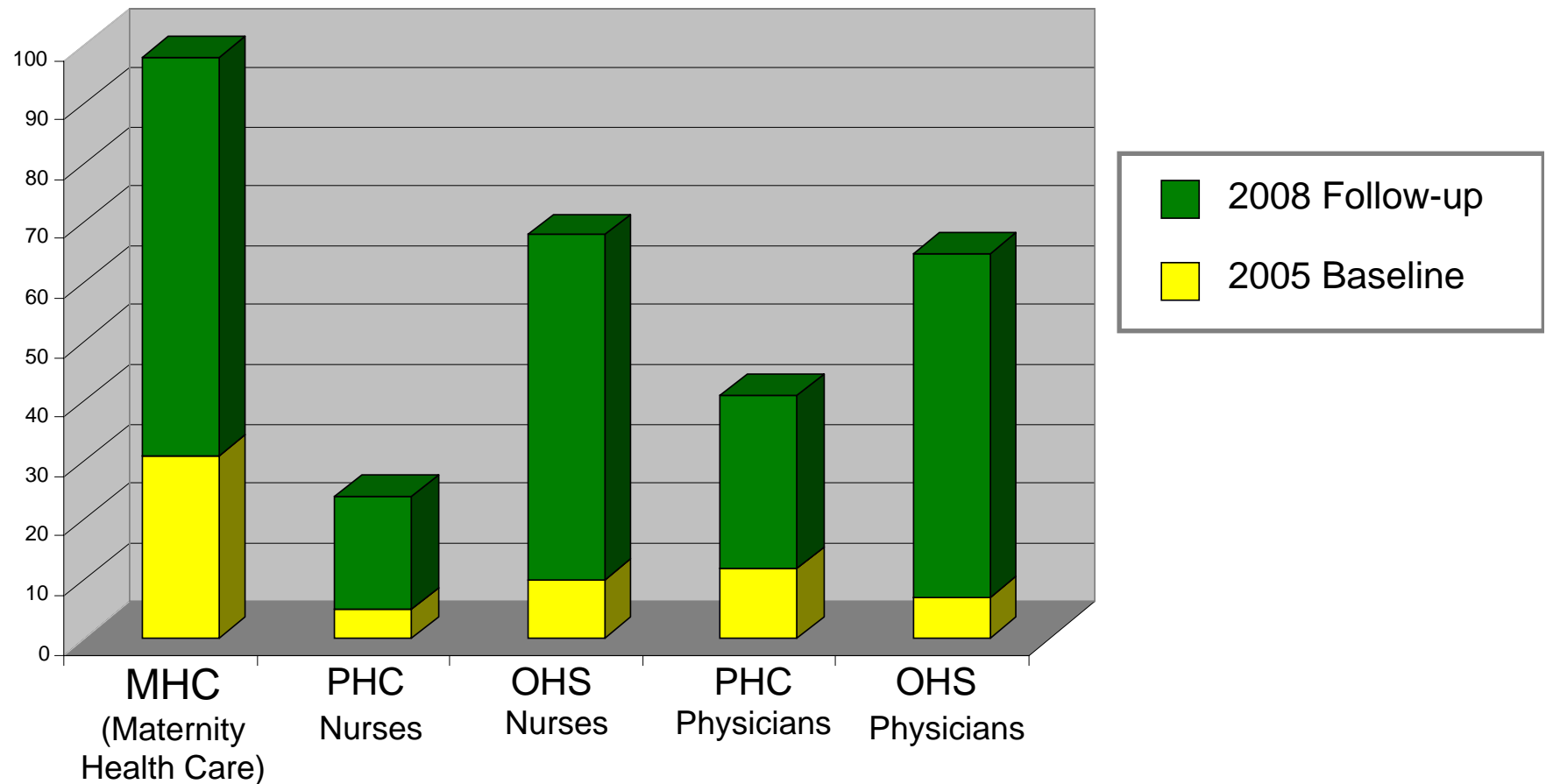
Education of midwives in handling the risky drinking issue in ANC

Midwifery clinics



All projects

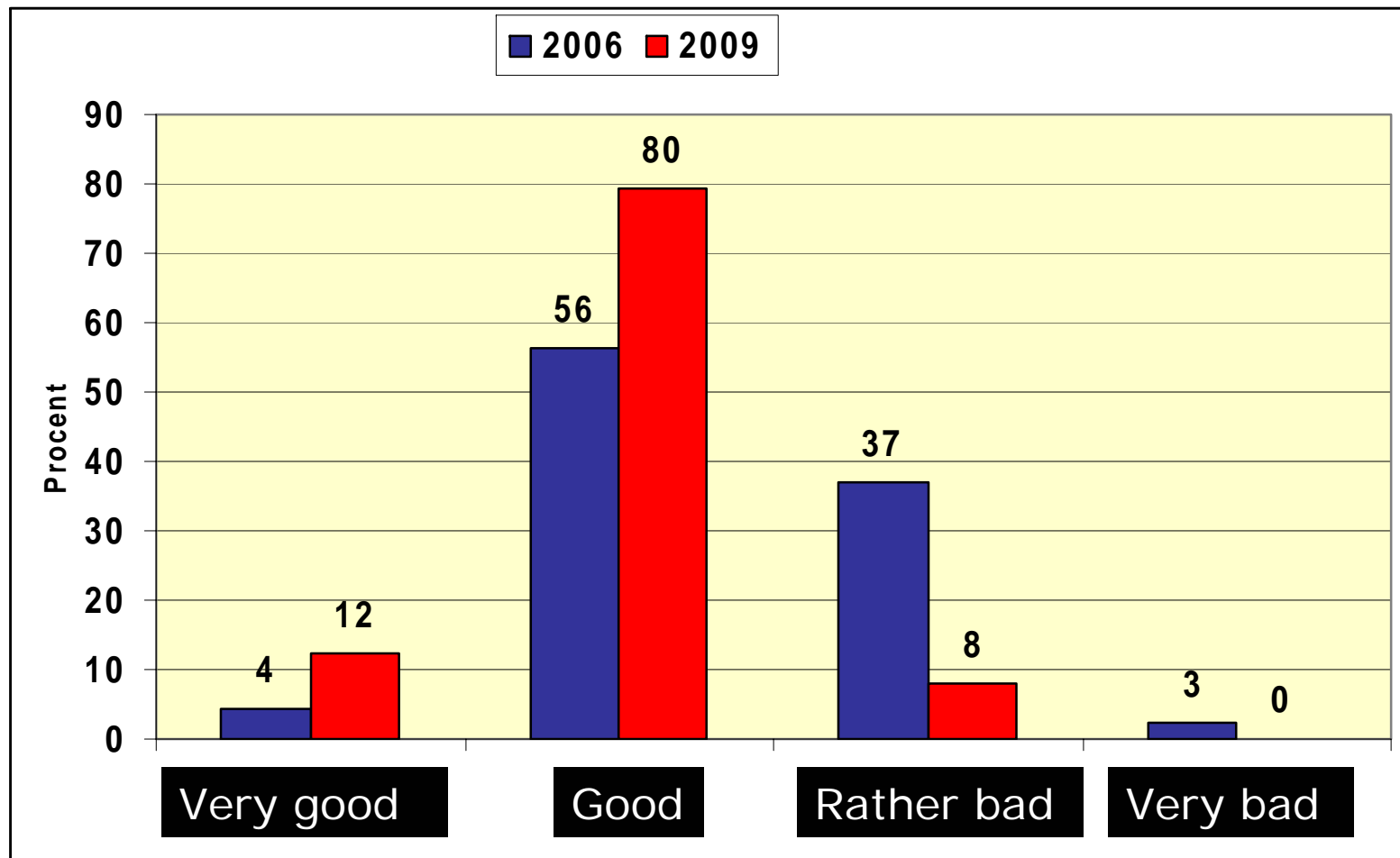
Proportion of education, 3 days or more increased in all professionals



Holmqvist and Nilsen, Linköping University, Sweden



Midwives' estimating of their own skills in handling the alcohol issue



Results

Research in Stockholm

| | |
|-------------|-----------------------------------|
| 1999 | 30% drink during pregnancy |
| 2003 | 16% drink during pregnancy |
| 2006 | 10% drink during pregnancy |

(Göransson och Magnusson, Karolinska institutet)

National research

| | |
|-------------|-----------------------------------|
| 2008 | 8 % drink during pregnancy |
|-------------|-----------------------------------|

(Holmqvist, University of Linköping)

| | |
|-------------|-------------------------------------|
| 2010 | In process...very thrilling! |
|-------------|-------------------------------------|

(Nilsen och Malmsten, Linköping University)



Not only for the car industry....

- Quality
- Security
- Durability

