

Course Overview - Alcohol and Pregnancy



Course: Women want to know - Alcohol and Pregnancy

Course Description: This course is designed for midwives who want to refresh their knowledge on how to advise women about alcohol in pregnancy and whilst breastfeeding.

Summary: This course is an essential component of the Women Want to Know project which was developed by the Foundation for Alcohol Research and Education (FARE) in collaboration with leading health professional bodies across Australia.

The **'Women Want to Know'** project is supported by funding from the Australian Government Department of Health and aims to encourage health professionals to routinely discuss alcohol and pregnancy with women and to provide advice that is consistent with the National Health and Medical Research Council's Australian Guidelines to Reduce Health Risks from Drinking Alcohol.

Content: The content within this course covers

- The effects of alcohol consumption during pregnancy;
- The effects of alcohol consumption when breastfeeding;
- What women want to know about alcohol and pregnancy and facilitating discussions about alcohol consumption with women;
- Assessing a woman's alcohol consumption & what advice to provide
- Dealing with complex presentations and referral.

CPD: 3 ACM CPD Recognition points = 3 hours equivalent to complete

Enrolment Fees: All Midwives: FREE until 1 July 2016

Enrolment: You can self enroll, or you ask ACM to enroll you, please click [here](#) or contact ACM at education@midwives.org.au

Course Access: Access will be granted for 12 months from enrolment

Resources: The following leaflet explains more about the "Women want to know" project click [here](#) to download

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Overall Course Learning Outcomes

There are four learning outcomes to this course:

- Discussing with the woman the consequence of alcohol consumption during pregnancy and whilst breastfeeding.
- Assess alcohol consumption with the woman, taking into account socio-cultural norms and lifestyle.
- Provide information tailored to the individual needs of the client.
- Describe how and when to refer women who require further support

These outcomes have been broken into four overarching Modules.

Module 1: Effects of Alcohol Consumption During Pregnancy and Breast Feeding

Learning Outcome

- Able to discuss with the client the consequences of alcohol consumption during pregnancy and whilst breastfeeding

The **purpose** of this section is to:

- Provide you with information relating to the drinking patterns of Australian women
- Provide you with the information relating to the potential consequences of alcohol consumption during pregnancy and whilst breastfeeding

Module 2: What Women Want to Know: Facilitating Assessment and Discussions

Learning Outcome

- Assess alcohol consumption with the woman, taking into account socio-cultural norms and lifestyle
- Provide information tailored to the individual needs of the woman

The **purpose** of this section is to:

- Provide you with the information and tools in order to effectively assess the clients alcohol consumption
- Provide you with the information and tools in order to facilitate discussion and offer advice to clients on stopping/cutting down on alcohol consumption

Module 3: AUDIT-C In Practice

- Understanding AUDIT C

Module 4: Complex Women and Referrals

Learning Outcome

- Describe how and when to refer women who require further support.

The **purpose** of this section is to:

- provide you with information to help you identify when additional support may be needed.

Assessments:

- Reflective Practice – template provided
- Q&A at the end of each Module
- Reflections - in course