

Yarning about Alcohol and Pregnancy

Staff Advice Card



The best advice for all women - even if they don't drink alcohol is:

“ **No alcohol is the safest choice when pregnant or you might be pregnant**
There is no safe level of alcohol you can drink when pregnant ”

Give feedback to women and their family on their score from the AUDIT-C in Yarning about Alcohol & Pregnancy

0

Score 0

- » Be positive to a woman who scores 0 and encourage to keep strong and not drink
- » Score of 0 means no risk of alcohol-related harm to baby
- » Any score over 0 means risk to baby

Score 0-3

- » Tell a woman who scores 0-3 means risk to baby but safest not to drink at all in pregnancy
- » Risk of harm to baby increases with increasing amounts of alcohol and frequency of drinking
- » Encourage woman not to drink at all in pregnancy
- » Arrange follow up appointment

4-7

Score 4-7

- » Tell woman the safest way is NOT to drink any alcohol when pregnant
- » AUDIT-C Score means she is drinking at risky levels for her health and baby's health

Score 5+ (High Risk to Baby's Health)

- » Risk of harm to growing baby increases with the more alcohol the woman drinks and how often she drinks
- » Tell woman the good things about giving up alcohol now for her and baby. The earlier she stops, the healthier she and her baby will be
- » Ask woman how she feels about stopping or slowing down drinking
If she is ready for change, help make a plan for change.
Use Yarning about Alcohol & Pregnancy, Yarning about Alcohol, or Yarning about Relapse to help identify strengths, worries, goals
- » If the woman isn't ready for change, provide education and identify support people and strengths. "If you were going to change your drinking, and I hear you aren't ready now, what would be a reason to change and who would help?"
- » If worried woman is alcohol dependent, take woman to see Doctor, Nurse, Midwife or ask for help from Alcohol & Other Drugs specialists
- » Arrange follow up appointment

5-8

Score 8-12

- » Tell woman AUDIT-C score means she is drinking alcohol at highest level of risk for her health and her baby's health
- » This level is associated with higher rates of alcohol dependence and withdrawal problems might show. Ask the woman if she has experienced grog shakes or other symptoms, or warn her if she plans to stop drinking of withdrawal risk
- » Identify her strengths and supports using Yarning about Alcohol & Pregnancy tool
- » Talk with woman about worries and risks
- » If the woman wants to slow down or stop drinking, get advice and support from Doctor or Nurse as alcohol withdrawal from stopping suddenly could be dangerous for her health and her baby's health
- » Arrange early follow up appointment and support to see Doctor, Nurse or Midwife

8-12



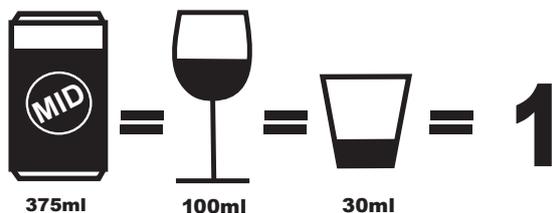
STANDARD DRINKS



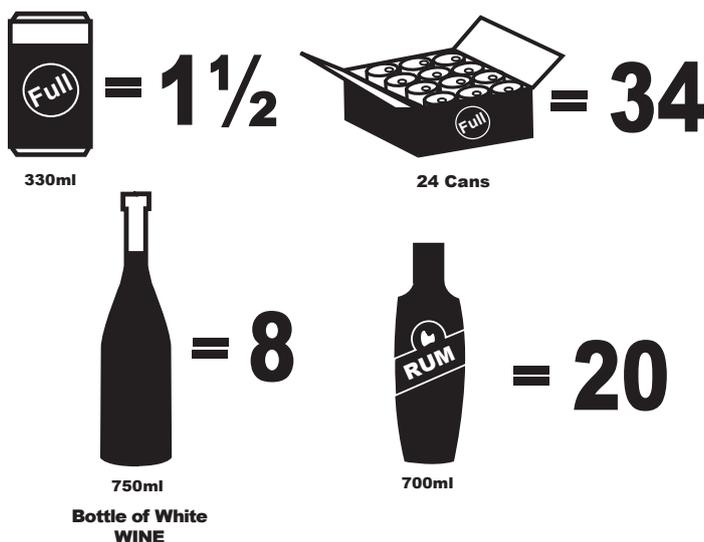
**10 grams
Pure Alcohol**

Each of these drinks is approximately

1 Standard Drink



Estimated Total Standard Drinks



This resource has been adapted from Women Want to Know, developed by the Foundation for Alcohol Research and Education (FARE), funded by the Australian Government Department of Health. www.alcohol.gov.au

This pamphlet has been developed by the Remote Alcohol & Other Drugs Workforce Program in collaboration with Menzies School of Health Research's Aboriginal and Islander Mental Health Initiative (AIMHI)NT. For further information or more copies of this resource contact the Remote Alcohol and Other Drugs Workforce, Department of Health on 08 8958 2503 or www.remoteaod.com.au

Beer

standard drinks

Full strength 4.8% alc. vol

285 ml glass -	1.1
375 ml bottle or can -	1.4
425 ml glass -	1.6
24 x 375 ml case -	34

Mid strength 3.5% alc. vol

285 ml glass -	0.8
375 ml bottle or can -	1
425 ml glass -	1.2
24 x 375 ml case -	24

Low strength 2.7% alc. vol

285 ml glass -	0.6
375 ml bottle or can -	0.8
425 ml glass -	0.9
24 x 375 ml case -	19

Wine

Red wine 13% alc. vol

100 ml standard serve -	1
150 ml average restaurant serving -	1.5
750 ml bottle -	7.7
2 litre cask -	21
4 litre cask -	41

White wine 11.5% alc. vol

100 ml standard serve -	0.9
150 ml average restaurant serving -	1.4
750 ml bottle -	6.8
2 litre cask -	18
4 litre cask -	36

Champagne 12% alc. vol

150 ml average restaurant serving -	1.4
750 ml bottle -	7.1

Port 17.5% alc. vol

60ml standard serve -	0.8
2 litre cask -	28

Spirits

High strength 40% alc. vol

30 ml nip -	1
700 ml bottle -	22

Full strength ready-to-drink 5% alc. vol

275 ml bottle =	1.1
330ml bottle -	1.2
660 ml bottle -	2.6

High strength ready-to-drink 7% alc. vol

275 ml bottle -	1.5
330 ml bottle -	1.8
660 ml bottle -	3.6

Full strength pre-mix spirits 5% alc. vol

250 ml can -	1
300 ml can -	1.2
375 ml can -	1.5
440 ml can -	1.7

High strength pre-mix spirits 7% - 10% alc. vol

250 ml can -	1.4 - 1.9
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High strength pre-mix spirits 7% alc. vol

300 ml can -	1.6
375 ml can -	2.1
440 ml can -	2.4