



Generalitat de Catalunya  
**Agència de Salut Pública  
de Catalunya**

# **Antenatal professionals' perception and intervention regarding consumption of alcohol and drugs during pregnancy**

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**Program of Substance Abuse and Mother and Child Unit**

## RELEVANT (PRELIMINARY) DATA

Pregnant women and newborn babies (biomarkers: cord blood, neonatal urine and meconium):

- i 45 % alcohol  $\geq 2$  nmol/g
- i 34,0 % tobacco (country with the highest consumption)
- i 6,2 % cannabis (2.2 % per questionnaire)
- i 8,7 % opiates (heroin, not methadone)
- i 4,4 % cocaine (1,8 % per questionnaire)
- i 0,2 % amphetamines (very young)

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PROCEEDINGS PAPER

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### Alarming Prevalence of Fetal Alcohol Exposure in a Mediterranean City

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# Programme “Alcohol and Drug Free Pregnancy”

## Objectives:

- **to raise sensitivity** among the general population regarding the harm associated with the consumption of alcohol during pregnancy, and
- **to train professionals** with regard to how to carry out early detection and brief intervention in these cases, in order to reduce the number of pregnancies exposed.

# Programme “Alcohol and Drug Free Pregnancy”

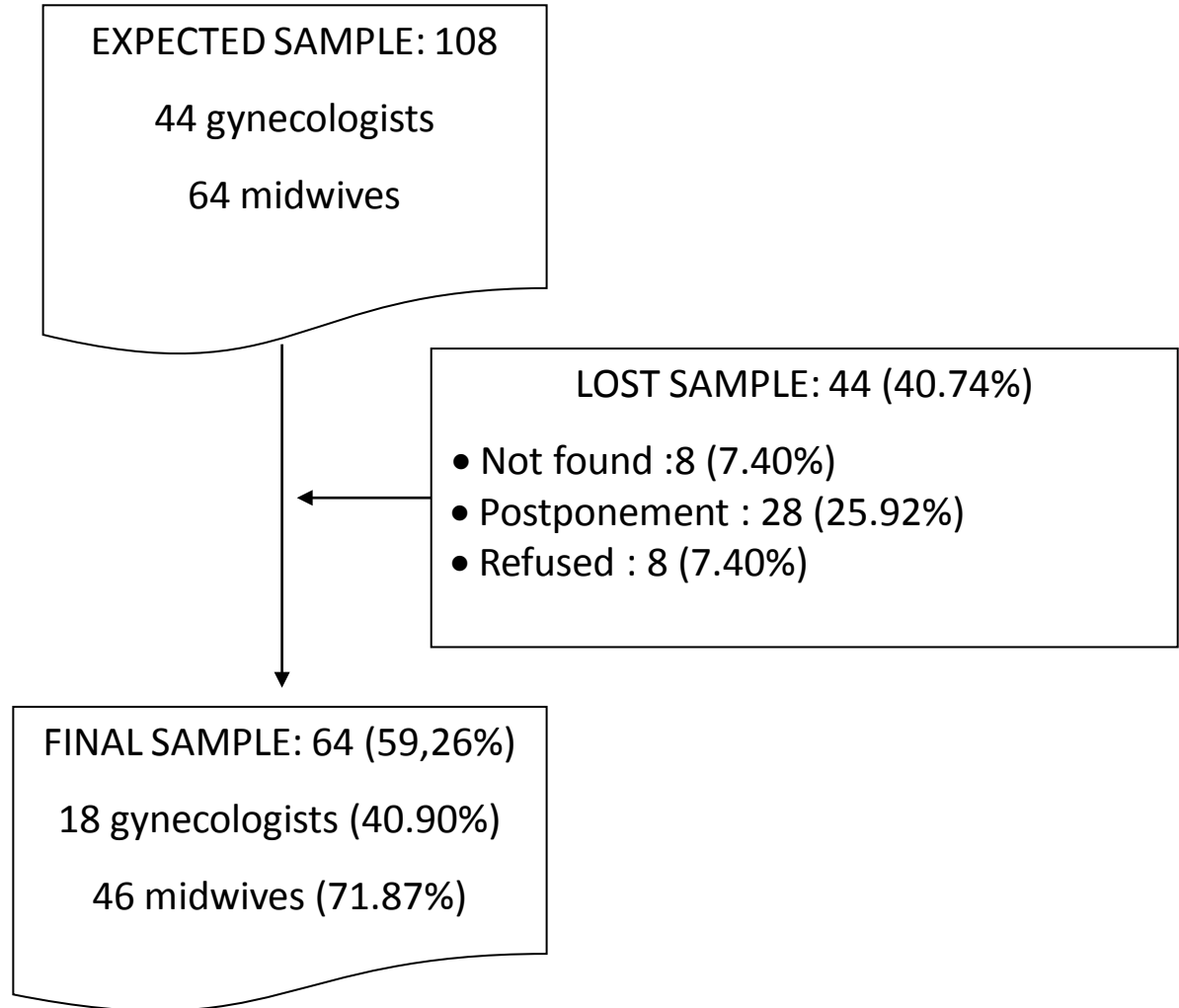
## Actions

- Recommendations and training for health professionals to help women to stop drinking and using drugs during the pregnancy
- **preventive material** targeting young and middle-aged women
- **evaluation before and after implementation** to see whether the programme causes changes in the perception, attitudes and behaviour:
  - of the **general population** and
  - of the **professionals** (gynaecologists and midwives)
- **evaluation of the effectiveness**



# Sampling

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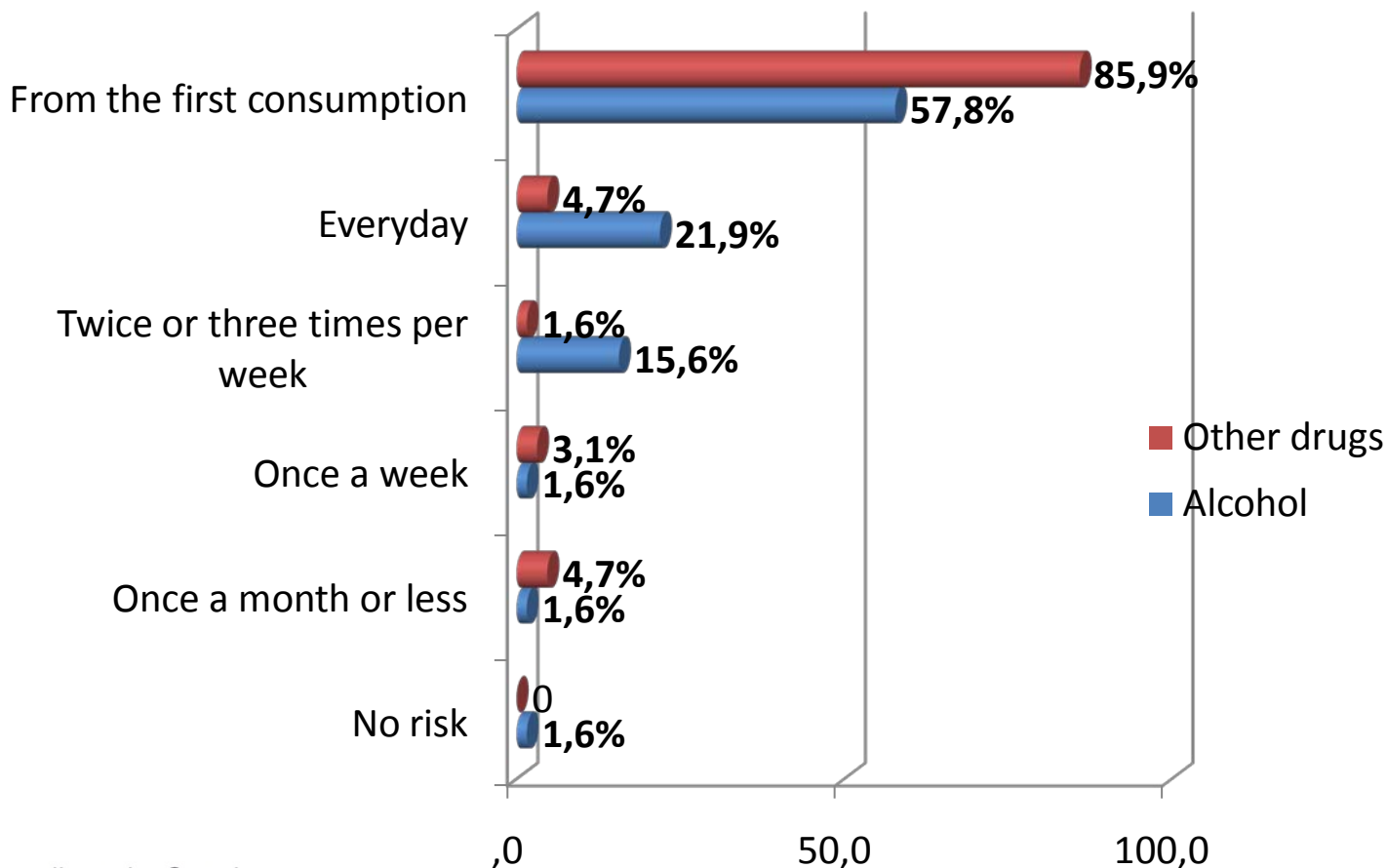


# Questionnaire

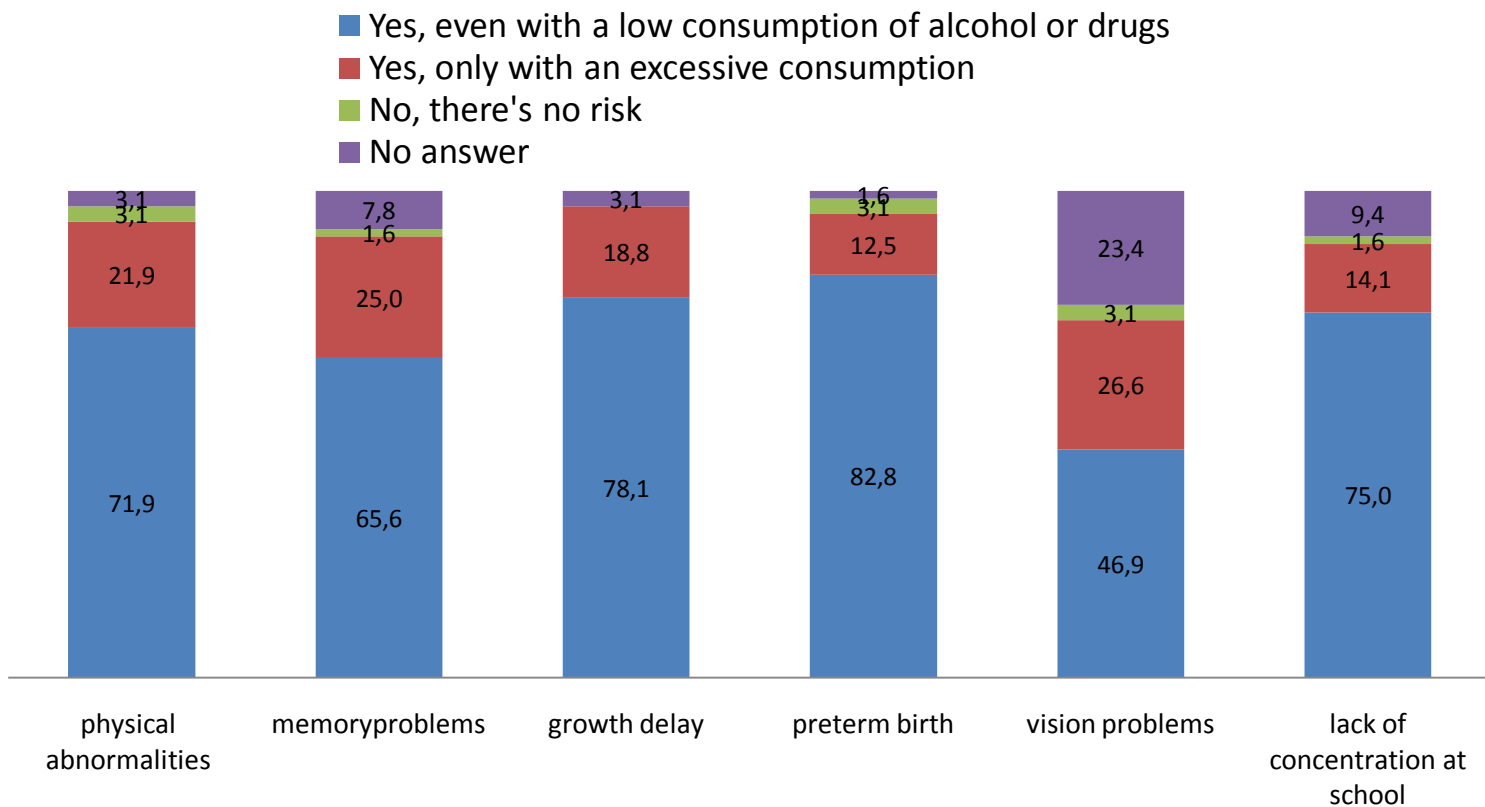
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- A semi-structured interview of 33 questions adapted from:
  - Used in previous SBI studies in PHC (Phase III; Odhin, Amphora)
  - Swedish questionnaire (Malmsten et al. 2011)
  
- Sections:
  - Personal information (age, profession, years of professional practice,...)
  - Knowledge
  - Perception and attitudes
  - Behaviour and professional practice (brief intervention, referrals...)
  - Barriers and difficulties

# RESULTS – PERCEPTION OF RISK



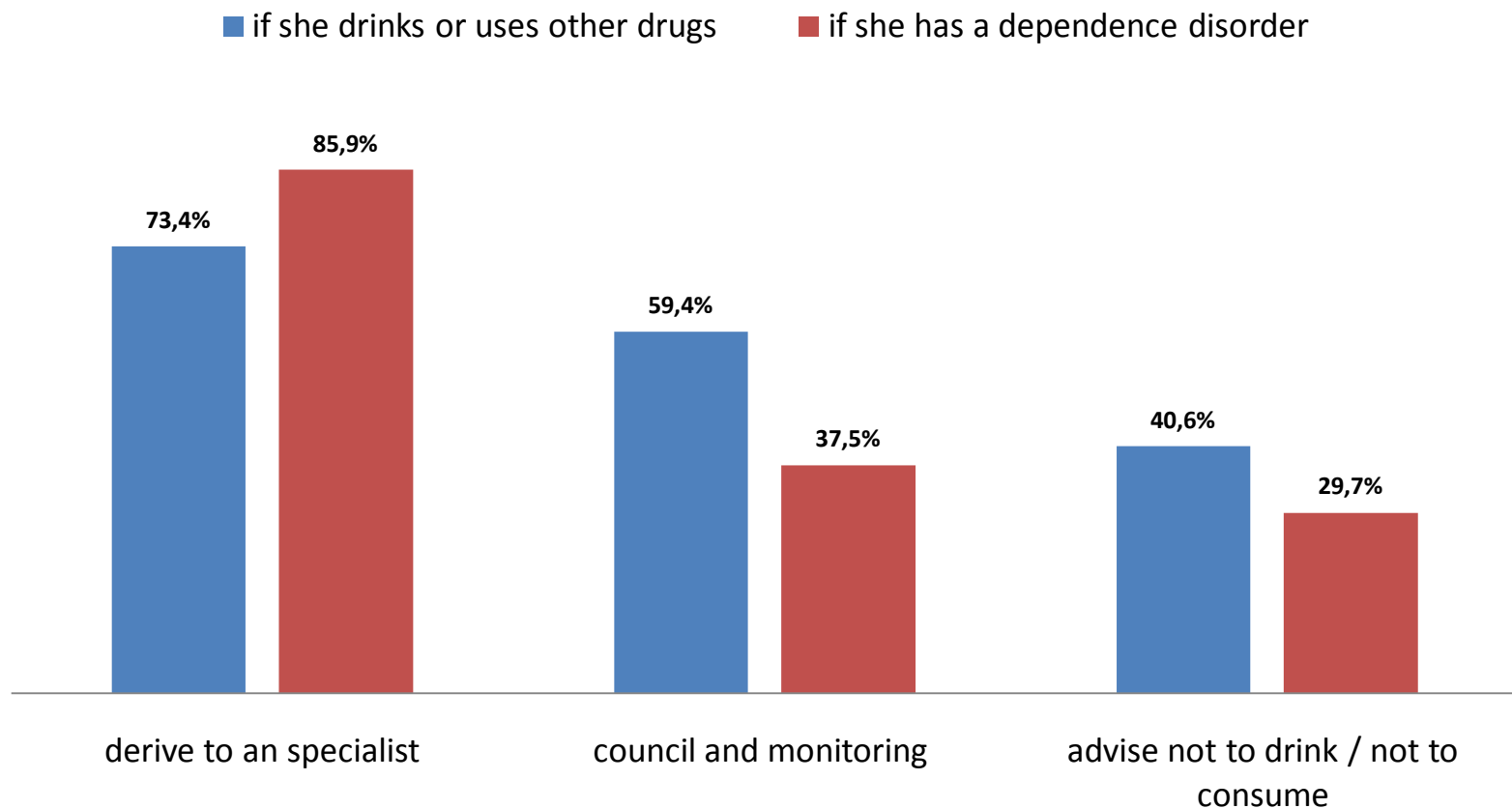
# RESULTS - CONSEQUENCES





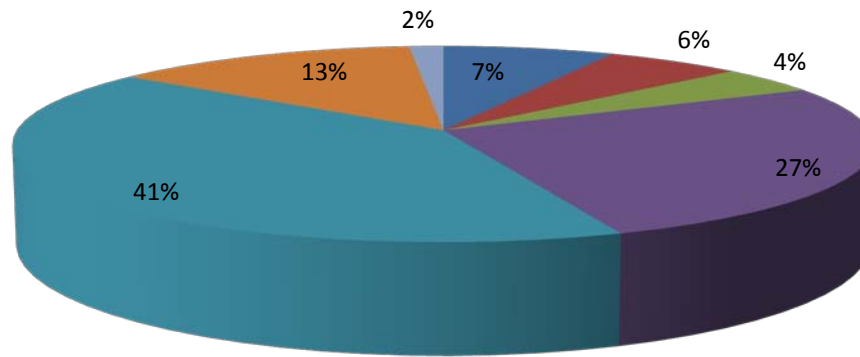
# RESULTS - TYPE OF INTERVENTIONS

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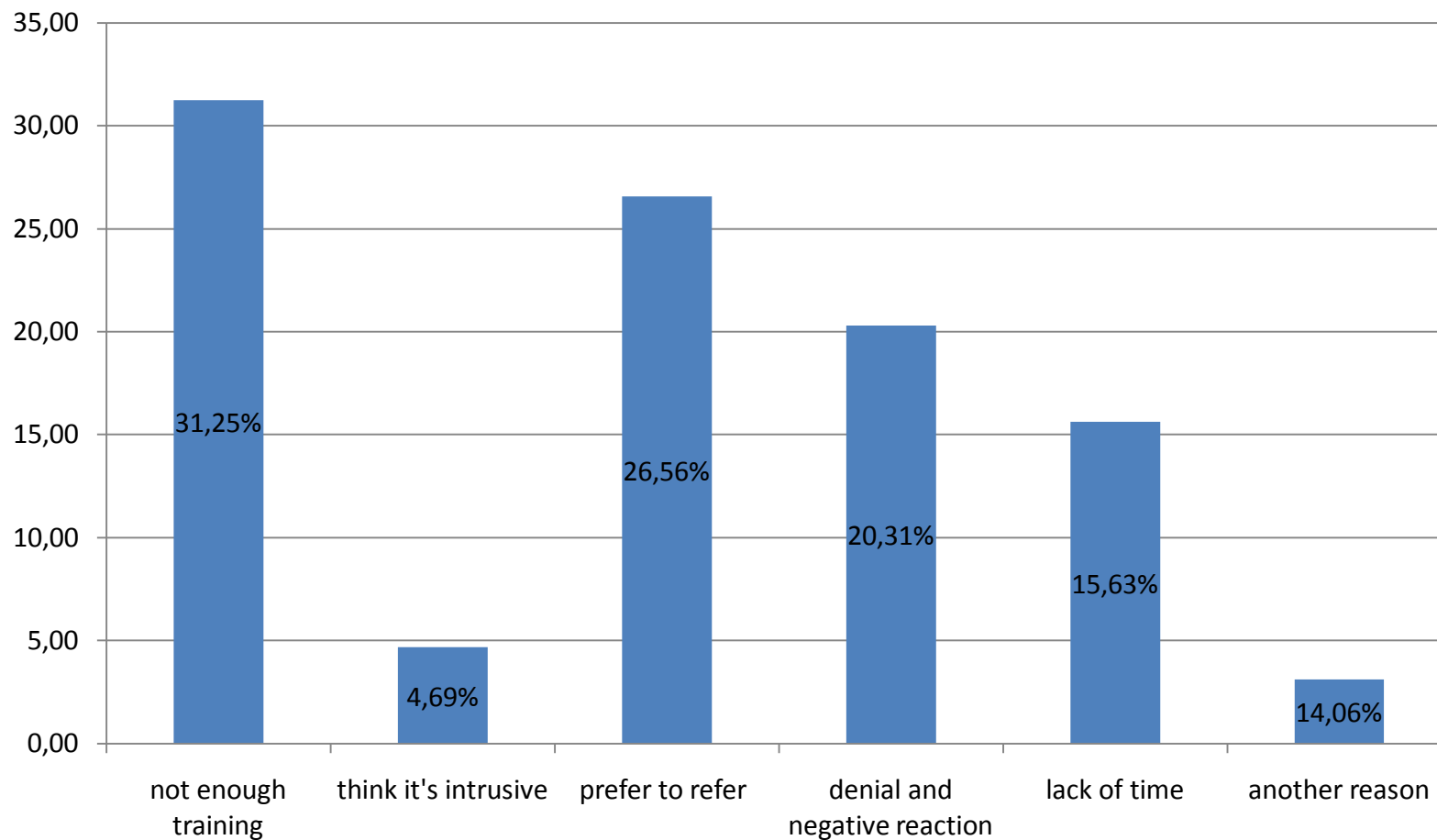
# RESULTS - BARRIERS DURING INTERVENTION

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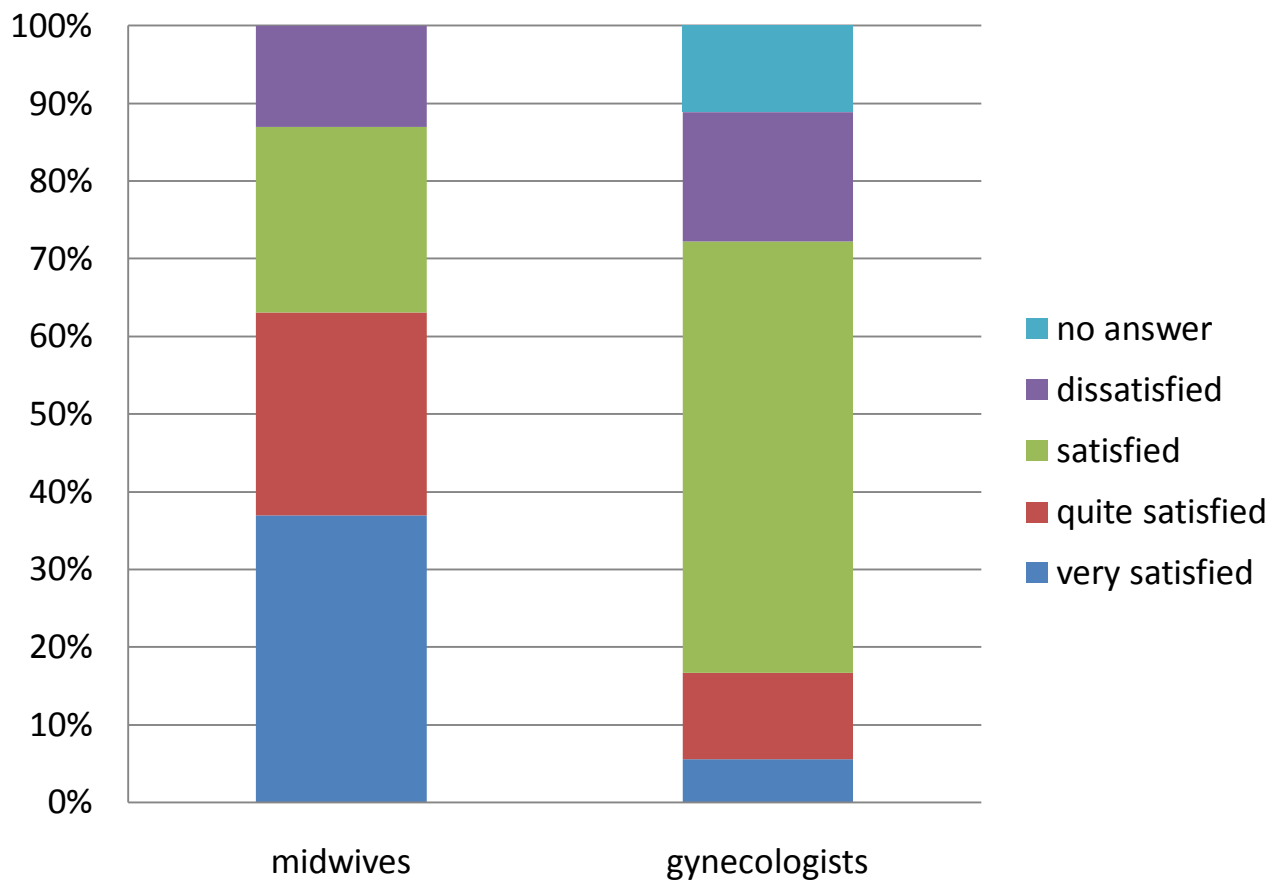


- Don't know where to refer
- Don't know how do the referral
- Not enough resources to follow-up
- Coordination problems
- Never have a problem
- Women reluctance
- Other

# RESULTS - BARRIERS DURING ADVICE



# RESULTS - PROFESSIONAL'S SATISFACTION



# CONCLUSIONS

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- Professionals **know the serious problems for the child** associated with the consumption of alcohol and drugs by the woman during pregnancy or lactation.
- Training the professionals in **coping with the resistance** of the patient and in **brief advice** would enable the efficiency of interventions in this field to be increased. It would also mean a reduction in pregnancies exposed to alcohol or other drugs and an increase in the degree of satisfaction of professionals with their job.
- The deployment of the programme “**Alcohol and Drug Free Pregnancy**”, besides raising awareness in the general population, seeks to give professionals tools to carry out their interventions related to the consumption of alcohol and drugs during pregnancy.



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