

Preventing alcohol-related harm during pregnancy and nursing **CATALONIA**

**Childhood and Environment Research Group (URIE),
Program on Substance Abuse
&
Program on Mother and Child Health
Directorate General of Public health
Government of Catalonia**



**Generalitat de Catalunya
Departament de Salut**

IMIM
hospital del mar

**Childhood and Environment
Research Group (URIE)**
Neuropsychopharmacology Program

Preventing alcohol-related harm during pregnancy and nursing

- **What are the key problems Catalonia faces in this context?**
- **What policies has Catalonia adopted to respond to these problems?**
- **Policy/program planned to be implemented and evaluated in Catalonia 2009-2011**

ALCOHOL

Ethanol main terathogenic substance known

Influences neurodevelopment and produces negative cognitive effects.

Cerebral harm not reversible, but improves with monitoring and adequate follow-up of the child.



What are the key problems Catalonia faces in this context?

High exposure to alcohol & drugs: Results in matrices

- 45 % alcohol ≥ 2 nmol/g
- 34,0 % tobacco (highest consumption)
- 6,2 % cannabis (2,2 % by interview)
- 8,7 % opiates (heroin, not methadone)
- 4,4 % cocaine (1,8 % by interview)
- 0,2 % amphetamines (youth)

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WORKSHOP

Alternative
matrices in
prenatal exposure
to xenobiotics



PROCEEDINGS PAPER

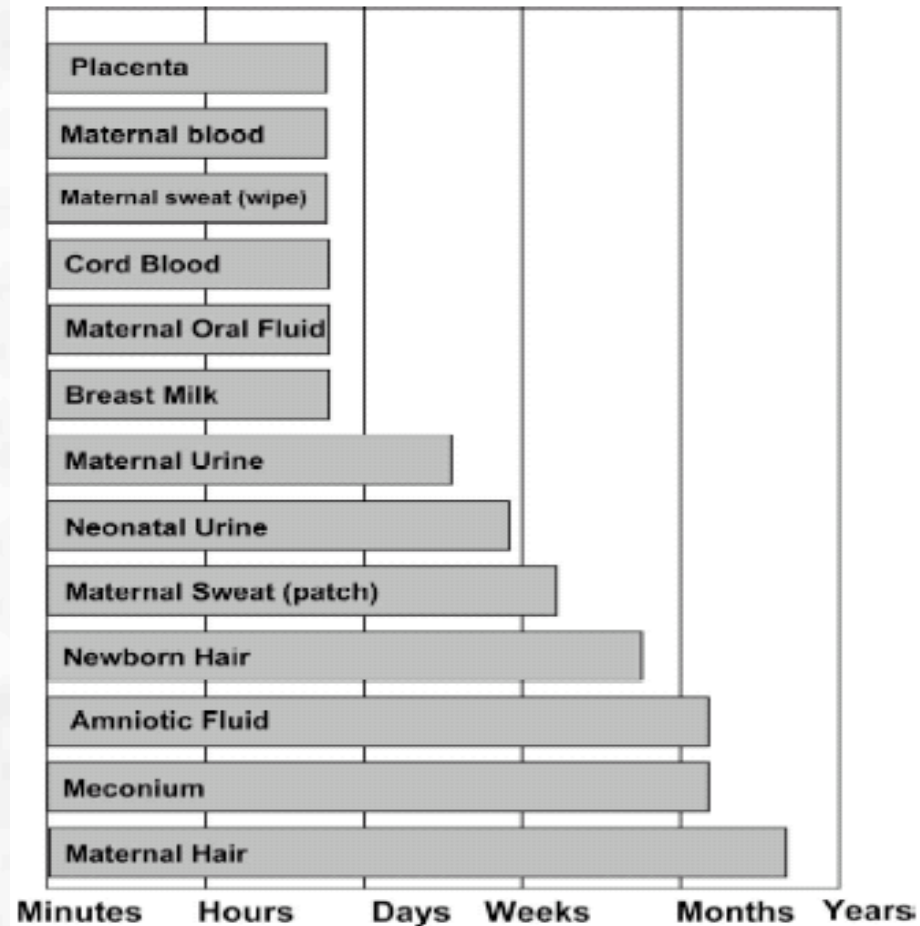
Alarming Prevalence of Fetal Alcohol Exposure in a Mediterranean City

Oscar Garcia-Algar, MD, PhD, Vivan Kulaga, BSc,† Joey Gareri, BSc,† Gideon Koren, MD, PhD,†
Oriol Vall, PhD,* Piergiorgio Zuccaro, PhD,‡ Roberta Pacifici, PhD,‡ and Simona Pichini, PhD‡*

What are the key problems Catalonia faces in this context?

- **FASD: FAS, Partial FAS (PFAS), Alcohol-Related birth defects (ARBD), Alcohol-Related Neurodevelopment Disorder (ARND).**
- **FASD not frequent but alcohol exposure is high**
- **Not trained professionals**
- **Negative long term effects of alcohol exposure (TDAH, problems in school, etc.) still not identified**
- **Unknown effects of different drinking patterns**

what are the key advantages Catalonia faces in this context?



New methodologies available: biological Matrices

- Non invasive techniques
- Easy to collect
- Long availability of the matrices
- No degradation

Biological Matrices for the Evaluation of In Utero Exposure to Drugs of Abuse

Jaime Lozano, MD,* Oscar García-Algar, MD, PhD,* Oriol Vall, MD, PhD,* Rafael de la Torre, PhD,† Giulia Scaravelli, MD, PhD,‡ and Simona Pichini, PhD§

Lozano J. *Ther Drug Monit.* 2007 Dec;29:711. Review.

What policies has Catalonia adopted to respond to these problems?

- Standardized protocol and training for professionals: best practices on pregnancy
- Public campaigns aimed at pregnant women
- Specific programs: smoke-free pregnancy program
- Comprehensive alcohol program aimed at reframing alcohol concepts, raising awareness among population and integrating alcohol early identification and brief intervention in health settings: *Drink-Less*



Policy/program planned to be implemented and evaluated in Catalonia 2009-2011

- Adapted from the MOTHER RISK program:



- Integrated in alcohol and child/mother policies

- Evidence based: from science to policy



Research and clinical unit

- Includes:

- Research: exposure prevalence and new biomarkers
- Prevention and promotion:
 - Professionals: standardized protocol on best practices ✓
 - general population: public campaigns ✓
- Training of health professionals (gynecologists, PHC, etc.) ✓



Policy making