



Eastern Ontario Regional Genetics Program

Obtaining a Fetal Alcohol Spectrum Disorder (FASD) Clinical Genetics Assessment: Frequently Asked Questions

1. How can my child/patient/client be seen in the Genetics Clinic at CHEO for a FASD assessment?

The first step is obtaining a **referral from a physician**. A physician plays an important role in determining if a referral to our program is appropriate. Important details to include in a referral are: physician's full name and phone number; physician's billing number; patient's name, address, and phone number. Genetics referral forms can be downloaded from our website (www.cheo.on.ca under Programs & Services > Genetics > How to Make an Appointment). Referrals can be faxed to 613-738-4822.

At the time of booking an appointment, a list of requested documents will be sent to the individual or his or her guardian (please see attached). This information is important to obtain prior to the appointment in order for the geneticist to make a complete assessment. It is difficult to make a diagnosis of a FASD without a documented history of alcohol exposure during the pregnancy.

2. How long does it take to obtain an appointment?

The wait time for appointments varies based on demand. You should expect a three to six months waiting time.

3. What happens at a FASD assessment appointment?

Appointments typically last one hour. During this time, the geneticist collects additional information and performs a detailed physical exam looking for features associated with FASD. The geneticist is also looking for other possible explanations for development delay.

4. Will there be blood tests performed at the appointment?

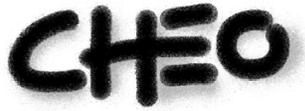
There is no specific blood test to diagnose FASD. The diagnosis of a FASD is complex; it requires a comprehensive history and physical and neurobehavioural assessments. Sometimes the geneticist offers blood tests as part of the detailed workup, particularly if there is suspicion of another potential cause for the developmental delay. This is determined on a case-by-case basis.

5. Who can I contact in Genetics if I have additional questions?

An administrative support person in our clinic works with families and physicians to collect all the necessary documents prior to the appointment. She can be reached at 613-737-7600 x 3218. If she is unable to answer your question she will direct you to the appropriate person.

The FASD Canadian guidelines for diagnosis are available from the Canadian Medical Association Journal, CMAJ, March 1 2005; 172(5 suppl).

For location information, hours of operation and much more information on the clinical genetics service at CHEO, please visit our website at www.cheo.on.ca (Programs & Services > Genetics).



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Information Requested for a FASD Assessment

Please provide the Genetics clinic with the following requested information as soon as possible (prior to the patient's scheduled appointment).

* Birth Records

- Birth weight
- Apgar scores
- Gestation (# of weeks when born)
- Neonatal/perinatal complications, NICU discharge summary

* Substances that were used in pregnancy

(Documentation of volumes and frequency if possible)

* Family history

(Attention to learning disability, mental retardation, emotional/behavioural problems)
CAS records confirming exposure if child is involved with CAS

* Medical History

Growth curves (complete as possible)

* Child development assessments

* Psychological testing results

* School records

Information required for older patient (18+ years old):

- Pictures when younger (toddler – not smiling)

Please forward the documents to:

By fax 613-738-4822

Or by mail Department of Genetics
Children's Hospital of Eastern Ontario
401 Smyth Road
Ottawa, ON
K1H 8L1