Alcohol Screening in Pregnancy
(T-ACE, TWEAK, NIAAA QUESTIONAIRE)
Pregnancy, Alcohol Risk Screening Tests

THESE TESTS ARE USED TO SCREEN FOR PREGNANCY RISK DRINKING

T-ACE

T: TOLERANCE: how many drinks* does it take to make you feel high?

A: Have people **ANNOYED** you by criticizing your drinking?

C: Have you ever felt you ought to **CUT** down on your drinking?

E: EYE OPENER: Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?

Defined as the consumption of 1 ounce or more of alcohol per day while pregnant.
Scores are calculated as follows:

- A reply of more than two drinks to question **T** is considered a positive response and scores 2 points.
- A positive answer to question **A, C, or E** scores 1 point each.

A total score of 2 or more points on the T-ACE indicates a positive outcome for pregnancy risk drinking.
If you have scored 2 points or higher, your caregivers can guide you to help improve the outcome of your pregnancy.

TWEAK

T: TOLERANCE: How many drinks can you hold? If 5 or more = 2 points.

W: Have close friends or relatives WORRIED or complained about your drinking in the past year? Yes = 2 points.

E: EYE OPENER: Do you sometimes have a drink in the morning when you get up? Yes = 1 point.

A: AMNESIA; Have a family member or friend told you about things you said or did while you were drinking that you could not remember? Yes = 1 point.

K: Do you sometimes feel the need to cut down on your drinking? Yes = 1 point.

TWEAK Is used to screen for pregnant at-risk drinking defined here as the consumption of 1 ounce or more of alcohol per day while pregnant. A total score of 2 or more indicates a positive screen for pregnancy risk drinking.

NIAAA QUESTIONAIRE:

Do you drink? Do you use drugs?

On average, how many days per week do you drink alcohol (beer, wine or liquor)?

On a typical day when you drink, how many drinks do you have? Positive score: more than 14 drinks for men and more than 7 for women.

What is the maximum number of drinks you had on any given occasion during the past month? Positive score for men: more than 4 and more than 3 for women.

NIAAA Questionnaire is a health practitioner's guide to help patients with alcohol problems. It was put out by the National Institute on Alcohol Abuse and Alcoholism.

Drinking at any time during pregnancy can cause problems to the baby. No one knows the amount of alcohol it takes to cause problems to the baby. Whatever amount of alcohol is in the mother's blood stream gets into the baby's blood stream through the placenta. The more alcohol the pregnant woman drinks the more it harms the baby. Drinking alcohol when pregnant increases the risk of miscarriage and Fetal Alcohol Syndrome (a serious physical, mental and behavior problems). It is advised not to drink any kind of alcohol when pregnant. If you have trouble stopping drinking alcohol when you are pregnant, or even if you are not pregnant, get help from professional people immediately.

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