

## Identification of FAS, ARND, and ARBD

### Overview

*Several possible diagnostic categories have emerged over the years in an attempt to describe the varying levels of impact that prenatal alcohol exposure can have on the developing fetus. Below are three possible diagnostic categories: FAS, ARND, and ARBD. You may also encounter FAE (Fetal Alcohol Effects); however, this term has fallen somewhat out of favor with researchers and clinicians and has been replaced by ARND.*

*The key diagnostic evidence comes from evidence groups I, II, and III, in the column to the right.*

### Diagnostic Category

Fetal Alcohol Syndrome (FAS)  
Fetal Alcohol Exposure (confirmed or unconfirmed)  
and I + II + III

Alcohol-Related  
Neurodevelopmental Disorder (ARND)  
Fetal Alcohol Exposure (confirmed or unconfirmed)  
and III

Alcohol-Related Birth Defects (ARBD)  
Fetal Alcohol Exposure (confirmed or unconfirmed)  
and IV

### Evidence

Maternal Alcohol Use  
(confirmed or unconfirmed)

- o Abstainer
- o At-risk drinker
- o Dependent drinker
- o Low-risk drinker
- o Problem drinker

I. Growth Retardation

- o Weight
- o Length/height

II. Facial Malformation

- o Short palpebral fissures
- o Thin upper lip
- o Long, flat philtrum
- o Hypoplastic midface

III. Neurodevelopmental Disorder

- o Head circumference < 10<sup>th</sup> percentile
- o Sleep disturbances
- o Attention deficits
- o Decreased visual focus
- o Decreased response to noise/stimulation
- o Increased activity
- o Altered motor skills
- o Increased stress reactivity
- o Delayed speech development
- o Learning deficits

IV. Other Physical Abnormalities

- o Ophthalmologic
- o Otologic
- o Cardiac
- o Limb