

# NURSING CARE PLAN (FETAL ALCOHOL SYNDROME - FAS)

## Medical Diagnosis: Fetal Alcohol Syndrome (FAS)

| Subjective Data:  | Nursing Intervention (ADPIE)  | Rationale  |
|---|---|--|
| <p>Patient's mother/caregiver may report:</p> <ul style="list-style-type: none"> <li>• Poor coordination</li> <li>• Jitteriness or hyperactivity</li> <li>• Frequent mood changes</li> <li>• Difficulty in social settings (daycare, school)</li> <li>• Difficulty switching tasks</li> <li>• Learning disorders</li> </ul> <p>Patient may report:</p> <ul style="list-style-type: none"> <li>• Trouble paying attention or focusing</li> <li>• Poor memory</li> <li>• Vision problems</li> </ul> | <p>Perform complete assessment of systems including heart and lung auscultation</p> | <p>FAS often results in deformities of the heart and lungs and may result in murmurs, heart valve disorders or respiratory diseases such as asthma</p>                   |
|   | <p>Assess infant for signs of withdrawal that include:</p>                          | <p>High-pitched cry; Postural arching (of the back); Slow or delayed breathing (apnea / bradypnea); Slow or irregular heartbeat</p>                                      |
|   | <p>Measure head and abdominal circumference of infant</p>                           | <p>Infants with FAS generally have smaller head size that indicates microcephaly. Abdomen may be distended following birth. This may require nasogastric intubation.</p> |
| <p><b>Objective Data:</b></p> <ul style="list-style-type: none"> <li>• Distinct facial features that include: small eyes, thin upper lip, short nose</li> <li>• Slow physical growth (before and after birth)</li> <li>• Small head circumference</li> <li>• Heart defects</li> <li>• Joint / bone deformities</li> </ul>   | <p>Obtain history of pregnancy from patient's mother</p>                            | <p>Determine how much alcohol was consumed throughout pregnancy and frequency.</p>   |
|   | <p>Minimize external stimuli</p>  | <p>Infants and children with FAS are often easily excitable and become agitated and fussy with excessive noise and physical stimuli.</p>                                 |