

CLIENT NAME :

DOB:

DATE :

To Whom It May Concern:

XXXX was assessed on (DATE), by a multidisciplinary team at the Name of Clinic. XXXX meets the criteria for a diagnosis of **Fetal Alcohol Spectrum Disorder**, as defined in the Canadian guidelines for diagnosis: *Fetal Alcohol Spectrum Disorder: A Guideline for Diagnosis Across the Lifespan (2015)*.

Fetal Alcohol Spectrum Disorder (FASD) is a medical diagnostic term describing the constellation of effects that result from prenatal alcohol exposure. These effects can include lifelong physical, mental, behavioural and learning challenges. Not all individuals who have prenatal alcohol exposure will have FASD. For individuals with FASD, the brain damage is a major component of the cognitive and behavioural problems they experience. This patient should be viewed as a person with a disability. This diagnosis has implications for future planning, societal expectations, physical and mental health.

A diagnosis of FASD is made only when there is **evidence of pervasive brain dysfunction**, which is defined as severe impairment in three or more of the following ten neurodevelopmental domains: Neuroanatomy/Neurophysiology; Cognition; Academic Achievement; Memory; Attention; Language; Motor skills; Executive Function; Adaptive Behavior and Affect Regulation. This is a multidiscipline team assessment, which includes a psychologist, speech-language pathologist, occupational therapist and pediatrician or family physician.

Prenatal alcohol exposure and FASD may increase the risk of victimization, justice involvement, substance abuse, social marginalization, unemployment, mental health issues, etc. as a result of difficulties in expressive/receptive language; cognitive functioning; executive functioning, emotional regulation, interpersonal skills, etc.

Diagnosis:

XXX's neuropsychological profile reflects a **severe pattern of brain dysfunction**. XXXX shows **significant impairment** caused by prenatal alcohol exposure in the following brain domains: (name the impacted brain domains). These difficulties are present in more than 90% of his/her day to day functioning.

Effects of Impairments (choose from 1 or 2):

1. Mental functions necessary for everyday life:

The individual is **markedly restricted** in executive and adaptive functioning, including problem solving, goal setting, judgement, and memory.

XXX demonstrates functional impairment in the Mental functions necessary for everyday life in the following ways (detail brain domains affected):

Executive function:

Executive functioning enables XXXX to plan, focus attention, remember simple instructions and juggle multiple tasks successfully. The patient is significantly restricted in these areas at least 90% of the time on a daily basis.

Activities impacted:

- Adaptive Functioning: (abilities related to self-care, health and safety, abilities to initiate and respond to social interactions, and common, simple transactions)

- Problem Solving:
- Goal setting:
- Judgement:
- Memory:
- Decision Making:

Examples:

Frequency:

Assistance Required:

2. Cumulative Effects of Significant Restrictions:

The individual is **significantly restricted** in Mental functions necessary for everyday life AND one other basic activity of daily living. In this case, the physician completes the “Cumulative Effect of Significant Restrictions” section.

Activities impacted:

- Adaptive Functioning: (abilities related to self-care, health and safety, abilities to initiate and respond to social interactions, and common, simple transactions)
- Other basic daily activity & detail impairment

Examples:

Frequency:

Assistance Required:

Cumulative Effect of significant restrictions:

Additional Considerations (can add more from guide):

Developmental Dysmaturity:

It is not expected that XXXX will ever meet his/her fully developed milestones in life. He/she will always be much younger than his/her chronological age.

Sensory Dysfunction:

XXXX central nervous system is also working ineffectively in processing sensory information (which includes all of his/her senses such as: taste, smell, sounds, touch, etc.), which gives him/her daily struggles in his functioning in day to day life situations and this is present in more than 90% of the time.

Conclusion:

Individual living with FASD **have significant CNS damage and dysfunction** and **should be viewed as individual with disabilities**. A FASD diagnosis has implications for educational planning, society’s expectations, and overall general health.

I appreciate your support in helping meet the need of XXX and his/her family, to help ensure him/her success, whether it’s at school, at home or in his community.

Thank you,

Physician signature