



Walk & Talk: Things To Avoid Script

The walk from the waiting room to the exam room is an opportunity for medical assistants to informally check-in with their patients and offer gentle reminders. The following script can be used during this “walk and talk” time.

Background: Certain substances and situations can pose risk to a pregnant woman and her developing baby’s health. For example, alcohol exposure can cause fetal alcohol spectrum disorders (FASDs). FASDs are a group of conditions (behavioral, intellectual, and physical) that can occur in a person who was exposed to alcohol before birth and can last a lifetime. FASDs are preventable if a baby is not exposed to alcohol before birth.

Medical assistant: *calls patient from waiting room*

Patient: *walks back to the hallway*

Medical assistant: “Hi! How are you?”

Patient: “Fine, thanks. You?”

Medical assistant: “Good! We are sharing this postcard with all of our patients to promote healthy pregnancies. It shows some things to avoid when pregnant. Some are easier to avoid than others, but they are all important to be aware of. One thing you will see is to not drink any alcohol if you are pregnant. Alcohol can have lifelong harmful effects to a developing baby so we are reminding patients that there is no known safe amount, no safe time, and no safe type of alcohol use during pregnancy. If you have any questions about this, the doctor will be happy to discuss them with you.”
hands postcard with graphic to patient

Patient: “Oh, okay. Thanks.”

Medical assistant: “You’re welcome! The health of you and your baby is so important to us.”

Patient: “Thanks! I’ll put this on my fridge!”