



Scenario: Assessment

Document the following assessments in WISPr's training environment (UAT):

1. Nutrition Assessment: Cheryl

Height: 5 feet 4 inches (64 inches) Current Weight: 132 Pre-pregnancy Weight: 124

Hemoglobin: 11.3 Non-smoker

Pregnancy: EDD 2 months from today.

Interview:

Health/Medical

Pregnancy is going well. Did have a lot of nausea and vomiting but is better now. Has no medical concerns. This is a first pregnancy. Has seen a doctor, OB clinic/ Dr. Steele – first visit was April 13. Takes no medications other than pain reliever for occasional aches. Has several cavities and it is painful to eat.

Lifestyle:

Doesn't smoke. Didn't smoke before pregnancy. No smokers in household. Doesn't drink. Didn't drink before pregnancy. No drugs now or before pregnancy. Likes to garden.

Nutrition/Health:

Is trying to eat better by drinking more water and eating more fruits. Appetite is okay. Doesn't like milk but isn't allergic to it. Typically eats meat and potatoes, fruits and chocolate. Usually drinks water, some milk (whole)(forces herself to drink because she knows it is good for baby). Has been craving chocolate but tries to avoid eating too much of it. Takes a gummy prenatal vitamin without iron. Plans on breastfeeding although concerned as most of her friends haven't been able to breastfeed. Would like to learn more about breastfeeding. Has enough money for food. Is curious what WIC will give her.

2. Nutrition Assessment: Micah

Health: Immunizations are up-to-date.

Hemoglobin: 11.3

Height: 36 inches Current Weight: 32 pounds

Comments:

Interview:

Health/Medical

He is fast - a fast eater, fast runner, fast! Has no medical problems. Is not taking any medications. Is a little on the short side but so is his grandfather. Has had a blood lead test. He brushes his teeth twice a day – fast! He sees Dr. Sprint as Ped Care. I take him when he is sick and for annual check-ups.

Lifestyle:

He runs and runs. He watches about an hour of TV a day. No one smokes in the house.

Nutrition/Health:

He has a good appetite. Likes to eat. He eats most everything like fruits, meats, snacks. He eats two or three meals a day and several snacks. He feeds himself. He doesn't choke or gag. Stops eating when his is full and he tells me when he is hungry. No food allergies but doesn't like olives. He drinks milk, water and juice from a cup. Sometimes pop. He drinks milk (low-fat) and water every day. Only eats foods. Doesn't take a multi-vitamin. Water is fluoridated. Doesn't use a pacifier. Have enough money for food. Would like to talk about slowing him down.

Nutrition Assessment: Matthew**Health/Medical**

Matthew is very happy baby and is sleeping well. Latex Allergy. Not taking any medication. No lead test. Doesn't do anything special for his teeth. Sees Dr. Smith at Peds Clinic.

Lifestyle:

No one smokes

Nutrition/Health:

Matthew eats all the time unless he is sleeping. Matthew indicates hunger by whining and he doesn't ever seem full. Safely using bottles stores safely as well. He does take a bottle to bed – mom holds it until he falls asleep. Grandma gives him a pacifier with some syrup on it. He isn't taking any vitamins/minerals/herbs. Has enough money for food. No questions.

Nutrition Assessment: Molly

Create an assessment using this information provided.