



## Idaho WIC Program: HGB Collection

### Introduction:

A hemoglobin (Hgb) test is collected for all WIC participants. Exceptions include infants under nine months of age and premature infants that are tested at six months of age. Overall, women's hgb data is certification driven and not based on age such as infants and children.

### Bloodwork Collection Schedule:

Pregnant (P)	Hgb obtained at Certification
Postpartum Breastfeeding (B) or Non-Breastfeeding (N) Women	Hgb obtained at Certification
Infant (I)	Hgb obtained between 9 to 12 months old
Premature Infant (I)	Hgb obtained at 6 months old
Child (C) (12-18 months of age)	Hgb obtained 15-18 months old (6 months after infant test)
Child (C) (24 months of age and older)	Hgb obtained yearly if within normal limits (WNL)

### Follow-up if hgb is low on previous collection:

- If hgb is  $<$  or  $=$  10 (or decreases at the next test), need a Registered Dietitian (RD) referral to be seen in 2 months.
- If hgb is low, but  $>$  10 then another hgb is collected in 6 months with staff.

### Participant with hgb taken in the last 60 days:

- Staff may obtain consent from the participant to obtain lab values from their healthcare provider (HCP).
- The participant may bring in lab values from their HCP.
- The participant may obtain a verbal from their HCP.
  - For example, a prenatal woman that has low or high risk hgb levels will likely be followed closely by a physician and given supplements. If they feel like hgb is being checked too often between WIC and their HCP we can collect this information from the HCP office.

### Sample Scenarios:

- If a child over the age of two years old closes in WISPr, they will need their hgb checked within their normal schedule. This means annually if it was WNL or in 6 months if it was not WNL.
- If a woman closed because her temporary certification expired, her hgb would need to be obtained again if it has been greater than 60 days since it was last taken. If it is less than 60 days, she would not need her hgb obtained until the next certification.
- If a woman is changing categories from pregnant to postpartum due to a miscarriage, a new certification is occurring, so the hgb should be checked again. More importantly it should be rechecked because an experience such as birth or miscarriage puts stress on the body which could impact their hgb levels.

**Note:** If a participant refuses or staff cannot obtain bloodwork, for example the infant or child is not cooperative, staff need to document appropriately in WISPr.

### References:

- Idaho WIC program policy manual Chapter 4, Section A, Page 3.
- Idaho WIC program policy manual Chapter 4, Section B, Page 4.
- Idaho WIC Training Manual, Hemoglobin/Hematocrit Testing, pg 173.