



LEADER'S GUIDE GROUP SESSION – 2018 NUTRITION RISK CRITERIA REVISIONS

Session Focus:

Target Audience: all WIC staff performing nutrition risk assessments (RDs, RDNs, CAs)

Session Goal: *United States Department of Agriculture (USDA) Food & Nutrition Services (FNS)* has updated four existing nutrition risk criteria and added one new risk criterion. This in-service will enhance understanding of the conditions addressed by these revision updates which go into effect in Idaho on October 1, 2018:

- 142 Prematurity
- 311 History of Preterm or Early Term Delivery
- 383 Neonatal Abstinence Syndrome
- 411 Inappropriate Nutrition Practices - Infants
- 425 Inappropriate Nutrition Practices - Children

Session Objectives: By the end of the session staff will be able to...

- Objective 1: Identify key points to revision updates for risks 142, 311, 383, 411, 425
- Objective 2: Correctly document and assign in WISPr risks 142, 311, 383, 411, 425

Session Planning:

Materials Needed:

Staff handouts (you'll need to print enough copies for your staff):

- *Summary of Nutrition Risk Criteria (NRC) Revisions 2018*
- *Check Your Understanding Nutrition Risk Criteria (NRC) Revisions 2018*

Additional materials for session leader:

- *Leader's Guide Group Session – 2018 Nutrition Risk Criteria Revisions (NRC)* (this leader's guide)
- *Leader's Answers Check Your Understanding Nutrition Risk Criteria (NRC) Revisions 2018*
- *Idaho WIC Nutrition Risk Criteria (NRC) Revisions 2018 Presentation PowerPoint*
- For leader reference please see additional documents:
 - *RD Referral Table*
 - *Risk 142 Preterm or Early Term Delivery*
 - *Risk 311 History of Preterm or Early Term Delivery*
 - *Risk 383 Neonatal Abstinence Syndrome*
 - *Risk 411 Inappropriate Nutrition Practices – Infant*
 - *Risk 425 Inappropriate Nutrition Practices - Child*
 - *Health Assessment Infant* (from the computer down kit)

Preparation Needed:

- Leaders (trainers) are to participate in the NEAT train-the-trainer webinar Thursday July 12, 2:00 – 3:00 pm MT. Webinar access information will be sent in a separate email.
- Review materials in advance of the group training session.

Prior to leading the in-service session, spend time reflecting on how you can ‘model’ participant centered services (PCS) skills throughout the session. Read the in-service outline below and think about where you might use open-ended questions (see the discussion activities), affirmations (affirm staff for their comments/answers during the session), reflections (acknowledge when the group seems apprehensive, excited, confident, etc.), and summarizations (slide 25 and anywhere summarizing seems to fit during the session discussions). When concluding the power point presentation session, determine the “next steps” (slide 25).

Session Outline:

Facilitator notes – (total time needed about 60 minutes)

PPT Slide:	Important Concepts to Cover; Learning Activities
Slides 1-2	Opening the session: The <i>United States Department of Agriculture (USDA) Food and Nutrition Services (FNS)</i> periodically has new information regarding the nutrition risk criteria WIC uses to determine participant eligibility. Risk revisions are developed by the national <i>Risk Identification and Selection Collaborative (RISC)</i> and submitted to <i>FNS</i> for final approval. Once approved, <i>FNS</i> provides states with <i>WIC</i> implementation guidance. Today we’ll spend time together discussing this year’s risk revision.
Slide 3	Preparing for the nutrition risk revision is a four-step process. It involves: <ul style="list-style-type: none">• viewing the PowerPoint training presentation• completing the practice activities• identifying/discarding any outdated forms (i.e. computer down assessment forms, RD referral table, any local agency materials with outdated risk numbering/titles) and replacing with updated forms• implementing the risk revision statewide Oct. 1, 2018
Slide 4	There are four nutrition risk criteria being revised this year and one new risk criterion (in the <i>Idaho WIC Policy Manual</i> and <i>WISPr</i>). The risks being revised are: <ul style="list-style-type: none">• <i>142 Prematurity</i>• <i>311 History of Preterm Delivery</i>• <i>411 Inappropriate Nutrition Practices – Infant</i>• <i>425 Inappropriate Nutrition Practices - Children</i> The new risk is: <ul style="list-style-type: none">• <i>383 Neonatal Abstinence syndrome</i> The two main objectives of this training are stated on the slide. (Leader distributes the <i>Summary of Nutrition Risk Revisions</i> handout.) We’ll review the <i>Summary of Nutrition Risk Revisions</i> handout for each risk as we go through this training and you’ll have an opportunity to ask questions. Does that sound okay to everyone? (asking permission is part of being participant centered)

Slide 5	The first risk we'll discuss is <i>142 Prematurity</i> . The title is changing to include early term delivery. The definition of preterm delivery is the same. The new definition being included, early term delivery, is a baby born between 37 weeks gestation and less than (<) 39 weeks gestation. It is a baby who isn't premature but is still born early.
Slide 6	Because the definition of <i>risk 142</i> will include early term delivery, there will be a change to the number of weeks gestation at birth needed to assign the risk. (Review slide) (Discussion activity) <i>Why do you think FNS wanted to add "early term delivery" as part of risk 142?</i>
Slide 7	These are the key reasons why <i>FNS</i> added early term delivery. (Review slide)
Slide 8	There's a new section titled "Implications for WIC Services" that <i>FNS</i> has been including in more recent risk revisions. It provides possible nutrition counseling strategies for consideration and guidance. The slide shows key concepts of ways to help and support a participant with <i>risk 142</i> (review slide). Staff are to continue to use participant centered services techniques and tailor education to the individual participant's needs, interests and concerns. More information is listed in the actual risk criterion, some of it's more for RD consideration.
Slide 9	The next risk is 311 History of Preterm Delivery. (have attendees refer to <i>risk 311</i> on the handout) Similar to <i>risk 142</i> , history of "early term delivery" is being added for the mom. There is a title and definition change which means a woman who has a baby born prior to 39 weeks gestation is eligible for <i>risk 311</i> . (Discussion activity) <i>Why do you think FNS included "early term delivery" with the mom's risk?</i>
Slide 10	Early term delivery impacts the mom's body too. Concerns include increased risk of postpartum depression and potential problems with future deliveries.
Slide 11	An "Implications for WIC Services" section is being added for this risk also. Improving one's general health may help reduce risk. (Review slide)
Slide 12	Risk 383 Neonatal Abstinence Syndrome (NAS) is new. (Have attendees refer to <i>risk 383</i> on the handout) NAS is a withdrawal syndrome in babies exposed to drugs during gestation. The risk requires diagnosis by a physician and must be diagnosed within six months after birth. Staff will manually assign the risk.
Slide 13	There are many drugs and substances that can lead to NAS. This slide shows common types. Opioids are the most frequently associated with NAS. With alcohol use during pregnancy, you would assign <i>risk 382 Fetal Alcohol Syndrome</i> if the baby was diagnosed after birth with fetal alcohol syndrome. You would assign <i>risk 383 NAS</i> if the baby was diagnosed with withdrawal symptoms - NAS. If the baby was diagnosed with both fetal alcohol syndrome and NAS, then you would assign both risks.
Slide 14	A baby with NAS could experience a range of symptoms. The slide shows some possible symptoms that are commonly associated with NAS. (Discussion activity) <i>Why might some infants whose mothers use drugs show withdrawal symptoms while others might not?</i>

<p>Slide 15</p>	<p>Each situation is unique depending on multiple factors. (Review slide)</p> <p>(Discussion activity) <i>Why do you think FNS decided to create risk 383?</i></p>
<p>Slide 16</p>	<p>There is a nationwide opioid addiction epidemic, the incidence of NAS is increasing which puts more babies at risk, and public health objectives include addressing these problems.</p>
<p>Slide 17</p>	<p>(Review slide) At first glance, one might think encouragement for holding skin-to-skin, swaddling, and having a calm environment may not seem very nutrition related. However, those things may help a baby to feed better which can result in improved nutrition and growth.</p>
<p>Slide 18</p>	<p>The next risk being revised is 411 Inappropriate Nutrition Practices - Infant (have attendees refer to <i>risk 411</i> on the handout). (Review slide)</p>
<p>Slide 19</p>	<p>The definition includes donor breastmilk acquired from casual or informal milk sharing between women, social media sites, the internet or other unregulated sources. It doesn't include milk obtained from a certified donor milk bank or hospital.</p> <p>(Discussion activity)</p> <ul style="list-style-type: none"> • <i>Why is breast milk obtained from individuals or on the internet considered a risk?</i>
<p>Slide 20</p>	<p>There are many reasons why it's considered a risk. There could be an unhealthy donor, improper handling, improper storage, contamination, and/or dilution. These reasons are things that could potentially impact an infant's health and/or nutrition.</p>
<p>Slides 21</p>	<p>WIC will continue to promote breastfeeding. If a parent is considering using breastmilk from a questionable source, staff can affirm the parent for wanting to feed breastmilk and encourage them to work with their health care provider to find a location for obtaining donor milk that's screened for infectious diseases and is free from contamination.</p>
<p>Slide 22</p>	<p>On the infant health assessment interview, in the nutrition section question six "<i>Tell me more about how you prepare, store and give bottles with breast milk</i>", added to the answer options "<i>Feeding donor breast milk acquired directly from individuals or the internet.</i>" Staff will manually assign <i>risk 411</i> by selecting <i>411.5 Feeding foods to an infant that could be contaminated with harmful microorganisms/toxins</i> and/or <i>411.9 Improper handling of expressed breastmilk or formula.</i></p>
<p>Slide 23</p>	<p>(Review slide)</p>
<p>Slide 24</p>	<p>The fourth risk that is being revised is 425 Inappropriate Nutrition Practices - Child. (Review slide and have attendees refer to <i>risk 425</i> on the handout.)</p> <p>(Activity – have each person find a partner. Hand out the "<i>Check Your Understanding</i>" sheet and have them discuss the questions with their partner. After about five or ten minutes, discuss the answers with the group.)</p>
<p>Slide 25</p>	<p><i>Are there questions?</i> (Answer questions or make a note of them if you're unsure of the answer - afterwards you can send any unanswered questions to the state office).</p> <p>If you have questions later, check with me (your trainer), an RD/RDN, Coordinator or the State Office.</p>

<p>(Closing the session) In summary:</p> <ul style="list-style-type: none">• Four nutrition risk criteria are revised and one new risk criteria is added. The changes will be implemented statewide October 1, 2018.• All nutrition risk revision training materials are posted to the Idaho WIC website (under <i>Staff; Training; Training Links; Nutrition Risk Criteria</i>). <p>Determine any staff “next steps” prior to October 1, 2018: e.g.</p> <ul style="list-style-type: none">• discard any old computer down nutrition assessment forms• discard any outdated resources your clinics might have (with old nutrition risk criteria titles, RD referral tables, etc.)• become familiar with the <i>Summary of Nutrition Risk Criteria (NRC) Revisions</i> handout and keep it at staff desks and work stations to refer to as needed during implementation <p>Thank you for participating!</p>

Facilitator review:

How well did the session support certifier understanding of the updated risk criteria?

What suggestions do you have for the State Office regarding future nutrition risk criteria training and related materials?

Feedback may be given to: Marie Collier

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