

# Idaho WIC Training

## Care Plan II Samples

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#### Section I:

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This Care Plan Appendix provides opportunities to practice and review care plan writing. This section includes the following care plan samples.

- Sample 1: Child, Nutrition Education
- Sample 2: Pregnant, Nutrition Education
- Sample 3: Infant, Health Screen
- Sample 4: Child, Nutrition Education

As you review the samples, keep in mind these samples are designed to have you think about what might be missing or how these care plans could be improved.

Questions to consider:

- What, if anything, is missing?
- How does the care plan give you a picture of the needs and goals of the participant?
- How does the care plan help you understand what occurred at the appointment?
- How does the care plan help you know what to discuss at the next appointment?
- How does the information relate to the responsible adult's concerns, interests, and/or the nutrition risks?
- What can you learn about writing care plans from reviewing these care plans?

Once you have completed your review, discuss your results with your trainer.

Care Plan:

Staff:

Clinic:

Care Plan Type: Nutrition Education (Child)

Subjective:

4/7/2015 Previous Goals: Continue offering nutrient dense foods  
6/23/15 Mom here with child for IE, she states she is down to one breastfeeding a night and Mom thinks it has something to do with her weight coming up a little. Since her last appointment Mom continues to offer higher fat and more nutrient dense foods but says [Name] is on the go all the time so it's hard to get any meat on her bones.

Objective:

Age: 1y 9 m

Bloodwork: Date: 3/2/15  
Hemoglobin: 13.2  
Anthropometrics: Date: 6/23/15  
Weight: 21.5 lbs  
Height: 31.5 in  
BMI: 15.2

Assessment:

Classification Risks:  
425.03 Inappropriate bottle, cup, pacifier

Weight WNL  
Mom ready for change

Education Topics:

Health balance eating

Referrals:

Handouts:

- 1:
- 2:
- 3:

Goals:

- 1: Continue to eat higher calorie foods
- 2:

Counseling/Plan:

Discussed higher calorie foods such as cheese, yogurt and instant breakfast. Explained growth grids and showed that child's weight for. Next appt will be a certification. Will follow up on sippy cup use at next apt. Issued 3 mo's of food benefits.

This is a HIGH RISK Care Plan

Care Plan:

Staff:

Clinic:

Care Plan Type: Nutrition Education (Pregnant)

Subjective:

7/3/2015 Previous Goals: Add 1-2 more fruits/vegetables to diet every day; Include one serving of high calorie nutrient dense food with 2 meals/day.  
8/5/15 Client reports appetite not so good, just doesn't feel like eating. States she is eating a lot more fruit and 3 meals a day. Client thinks she has lost weight due to poor appetite. Client plans to breastfeed for 3 months.

Objective:

Age: 21y 9 m  
Bloodwork: Date: 7/3/15  
  
Hemoglobin: 10.9  
Anthropometrics: Date: 7/3/15  
Weight: 189.8 lbs  
Height: 62.25 in  
BMI: 34.4

Pregnancy:  
Expected Delivery Date: 1/2/16  
Multifetal: N  
Weight Gained: 12 lbs

Assessment:

Classification Risks:  
Risk 111: Overweight Woman  
Risk 133: High Maternal Weight Gain  
Risk 201: Low Hematocrit/Low Hemoglobin  
Risk 332: Closely Spaced Pregnancy

Weight gain above normal even with 1# wt loss  
Intake low in vegetables  
Ready for change

Education Topics:

Healthy balanced eating (specific to category)  
Eating healthy during pregnancy with nausea

Referrals:

Registered Dietitian

Handouts:

1: A Good Beginning

Goals:

- 1: Continue to work on adding nutrient dense foods for 2 meals/day.
- 2: Try 2-3 tips from handout to decrease nausea.

Counseling/Plan:

Praised for working on increasing nutrient dense foods. Discussed wt gain and nausea tips using the handout. Will continue to work on adding nutrient dense foods at 2 meals per day. Will try 2-3 of the tips from handout to decrease nausea. Client will follow up with RD at next visit in one month. RD will discuss any concerns with breastfeeding. Issued 1 month of food benefits.

This is a HIGH RISK Care Plan

Care Plan:

Staff:

Clinic:

Care Plan Type: Health Screen (Infant)

Subjective:

1/26/2015 Previous Goals: To continue to offer Similac Advance on demand

3/26/15 Baby drinks 6 oz of Similac Advance about 5 times a day, still on demand, but also following a schedule. Mom offered cereal but baby was not ready and spit it up. Mom wants to know how to get baby to eat cereal.

Objective:

Age: 0y 5m  
Anthropometric Date: 3/26/15  
Weight: 13.5 lbs  
Height: 23.5 in  
BMI:17.2

Assessment:

Classification Risks:  
Risk 121: Short Stature At Risk of (Infants/Children)  
Risk 141: Low Birth Weight

Feeding: Ever BF? No  
What age formula? 0 wks  
What age stop BF? 0 wks  
Why stop BF? Other: not interested

Mom ready for change

Education Topics:

Introducing solids

Referrals:

Substance Abuse  
TANF/Cash Assistance  
Food banks  
Immunizations

Handouts:

- 1: No handouts
- 2:
- 3:

Goals:

- 1: Continue to feed Similac Advance
- 2: Wait one month to spoon feed baby cereal

Counseling/Plan:

Continue to feed baby Similac Advance. Discussed waiting on baby food and reviewing readiness cues for solid foods. Reviewed weight on growth chart. Will follow up with RD next month to re-weigh and discuss baby's eating. Issued one month of food benefits.

This is a HIGH RISK Care Plan

Care Plan:

Staff:

Clinic:

Care Plan Type: Nutrition Education (Child)

Subjective:

3/3/2015 Previous Goals: Cont. iron rich food daily  
6/22/15 Mom offering WIC cereal for the afternoon snack with 4 oz. of juice. Mom states child doesn't like meat, but he really likes cereal.

Objective:

Age: 3y 8 m

Bloodwork: Date:4/25/15

Anthropometrics: Hemoglobin: 10.8

Date: 4/25/15

Weight: 41.2 lbs

Height: 40.5 in

BMI: 17.7

Assessment:

Classification Risks:

Risk 114: Overweight Children (2-5, >=85%)

Intake low in fruits and veg  
Ready for change

Education Topics:

Health balance eating

Referrals:

SNAP  
Substance Abuse  
TANF/Cash Assistance

Handouts:

1: No Handouts

2:

3:

Goals:

1: Limit all day grazing

2: Continue with fruits and vegetables at snack time

Counseling/Plan:

Discussed how all day grazing can make it difficult for Daisy to be hungry and willing to try fruits and vegetables. Mom is going to try 3 different recipes that add a new vegetable in. The first one is grated carrots in spaghetti sauce. Issued 3 month of food benefits. Will follow up with weight check at next visit.

This is a HIGH RISK Care Plan