

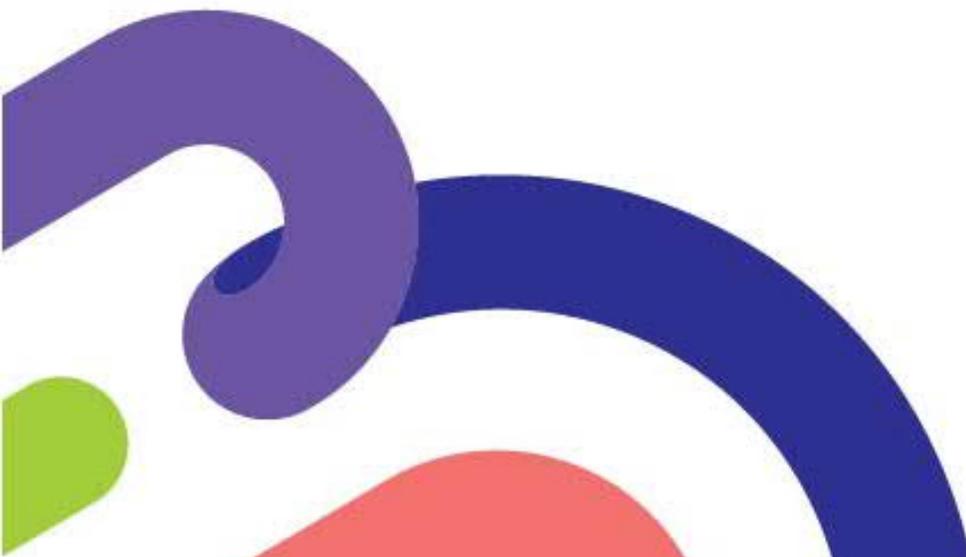


Idaho WIC Training

Health and Nutrition

Assessment

Trainer



IDAHO DEPARTMENT OF
HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

WIC is an equal opportunity provider.

What Will They Learn?

- The definition of VENA
- Purpose of the Health and Nutrition Assessment
- Become familiar with the Health and Nutrition Assessment
- Understand why assessment questions are asked
- Know what determines a nutrition risk criterion
- Identify how to use critical thinking during the assessment process
- Understand the importance of completing the entire assessment process before providing referrals and nutrition education
- Where to find ideas for nutrition education topics

Instruction Level

Prerequisite for taking the Health and Nutrition Assessment course: Basic Nutrition Course, Breastfeeding Course, Anthropometric Course, Hematology Course

Items Needed for This Course

The Idaho WIC website wic.dhw.idaho.gov houses all the online materials for staff under the Staff page.

- Definitions and acronyms (located under the policy manual area)
- Access to Quick Reference Materials (QRC's) these are located on the WIC Website > Staff > Training > Health and Nutrition Assessment. Please refer to these documents throughout this guidebook for how to enter health assessment data into the WIC computer system. Access to the WIC computer system
- Access to WIC Learning Online (WLOL) If you haven't already created an account on WLOL, please create an account or sign in. <https://wicworks.fns.usda.gov/resources/wic-learning-online-wlol>

Recommended Time

- Approximate time it takes to complete the Health and Nutrition Assessment course: 3-4 hours
- Approximate time it takes to complete the face-to-face activities and discussion: 2-3 hours

Module 1: Nutrition Assessment Interview Overview



Activity 1

Have the learner complete the Value Enhanced Nutrition Assessment training.

Once they have created an account please enter in the search bar, "Value Enhanced Nutrition Assessment" and click enter.



- The Search results will display as below:

Search Results

Search: Value Enhanced Nutrition Assessment

ADD FILTERS



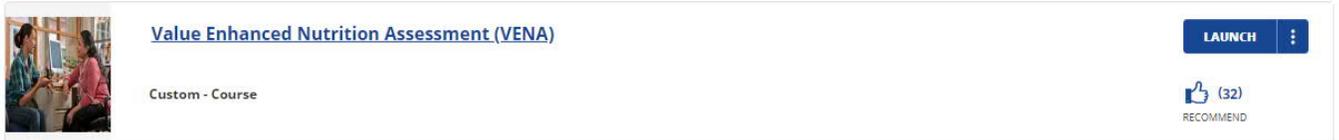
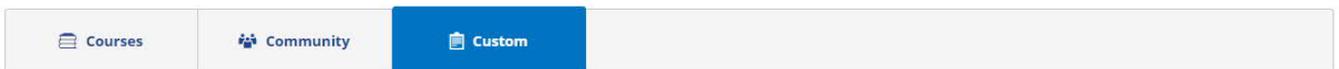
- Please click on Custom and the VENA training will display.

Search Results

Search: Value Enhanced Nutrition Assessment

ADD FILTERS

Search within these results



The Learner will discuss what they learned from the VENA video on WIC Works.



Activity 2

NOTE: "Possible responses" are suggested responses, and often not the only answer(s).

Help the Learner locate existing participant in the WIC computer system training environment, so they can locate the following:

- Nutrition Assessment Interview for each participant category in the WIC computer system (view existing participants). Briefly review the interview questions and responses, this will help you become familiar with what a completed assessment looks like (you'll be reviewing the questions in more detail with Module 2). To find the different participant categories, it may help to search by birth dates.
- The Idaho WIC Policy Manual on the Idaho WIC website. Locate the Nutrition Assessment computer down forms for each participant category (infant, child, prenatal, and postpartum). As the title indicates, these are forms that may be printed and used when the WISPr computer system is temporarily 'down' and not accessible.

How can you use information from a nutrition assessment interview to help a WIC participant?

Module 2: Understanding Nutrition Assessment Interview



Activity 3

Help the Learner go to the Idaho WIC website and locate the online Idaho WIC Policy Manual, Nutrition Risk Criteria (NRC). Have the Learner open the NRC section and open the navigation pane buttons (assist as needed). Have the Learner complete the activity below:

The definition section of each NRC tells you what is required for that nutrition risk to be used during certification or a health screen appointment. Review each NRC definition and complete the following table:

What NRC would be assigned for the following certification scenarios?	
Scenario:	NRC:
Baby weighing 5 pounds 6 ounces at birth	141 Low Birth Weight
Postpartum woman who had gestational diabetes during her last pregnancy	303 History of Gestational Diabetes
Woman who is 3 months pregnant and hasn't been to a doctor yet	334 Lack of or Inadequate Prenatal Care
Child whose doctor diagnosed a peanut allergy	353 Food Allergy
Baby lives with an aunt who smokes at home	904 Exposure to Environmental Tobacco Smoke
Breastfeeding woman who was recently diagnosed with a breast infection (mastitis)	602 Breastfeeding Complication
Child whose dentist diagnosed two cavities	381 Oral Health Conditions
Postpartum woman taking prescription pain medication (for pain management) which decreased her appetite resulting in weight loss	357 Drug Nutrient Interactions
Pregnant woman who has been nauseated and hasn't gained any weight during her pregnancy	131 Low Maternal Weight Gain
Baby born at 36 weeks gestation or earlier	142 Prematurity
Postpartum woman whose baby was stillbirth at delivery	321 History of Spontaneous Abortion, Fetal or Neonatal Loss
Child who was born with cerebral palsy (diagnosed by a doctor)	348 Central Nervous System Disorders
Breastfeeding woman with no nutrition risk herself, but her baby has an identified NRC	601 Breastfeeding Mom of Infant at Nutritional Risk
Child whose parents work as farm laborers and move to different crop areas based on the season	802 Migrancy
Pregnant woman who craves and eats paint chips	427 Inappropriate Nutrition Practices (Women) (427.3 Compulsively ingesting non-food items, pica)
Baby has a daily afternoon nap with a bottle full of juice	411 Inappropriate Nutrition Practices (Infants) (411.02 Routinely using nursing)

	bottles or cups improperly)
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Activity 4

The Learner will think about the Assessment Interview questions they reviewed in this module and answer the questions below:

1. Goran, who is 3 years old, is here with his mom. His mom has reviewed the Lifestyle Assessment Interview questions with you and wants to know why she needs to tell you how many hours her child watches TV during a typical day? What would you say to her?
 - a. For optimal health it is recommended that children get less than two hours of screen time per day.
2. What questions are asked on the infant Assessment Interview that help you determine if a baby is at risk for Baby Bottle Tooth Decay?
 - a. Question 8 - Does (baby's name) take a bottle to bed?
 - b. Question 9 – Does (baby's name) drink from anything else other than breast or bottle?
3. Nora is pregnant. She indicates that she smokes. Why is smoking a concern during pregnancy?
 - a. Smoking during pregnancy can harm a woman and her unborn baby. Cigarettes contain many chemicals. Both nicotine and carbon monoxide play a role in causing adverse health effects.
 - b. Smoking increases the chance of delivering a low birth weight baby. Low birth weight babies (weight less than 5 lbs 8 oz at birth) face an increased chance of serious health problems such as chronic disabilities (cerebral palsy, mental retardation, and learning problems) and even death.
 - c. Smoking during pregnancy can affect the pregnant woman as well. Smoking can increase the chance of ectopic pregnancy, miscarriage, and problems with the placenta.
4. What question in the Assessment Interview can help you determine if the participant has something specific they want to discuss today?
 - a. The question "Given all we have talked about, what nutrition, health or feeding questions do you have today?"
5. Why is it helpful to know how a parent feels about their child's growth?

- a. Because discussing growth can be a sensitive topic. Knowing how a parent feels can help you tailor the discussion/education to address a parent's concerns, provide helpful information towards healthy future growth, and affirm positive aspects of a child's growth.
6. Why is it important to identify what medical conditions a person has?
 - a. Because diseases, infections and other medical problems may impact a person's nutrition (nutrient needs, eating, ability to absorb/utilize nutrients, etc.) leading to nutritional risk/problems.

Module 3: Understanding the Nutrition Health Assessment



Activity 5

The Learner will think about the Assessment Interview questions they reviewed in this module and answer the questions below:

1. Why is it important to know if a woman is breastfeeding more than one baby?

Because she has increased nutrition needs and may be eligible for an enhanced food package.
2. Why do you think WIC screens immunizations during the first two years of life?

Because being immunized on schedule can prevent childhood illnesses/diseases that can be potentially life-threatening. Immunizations help protect babies and children early in life when they are most vulnerable, and hopefully before they are exposed to serious health threats.
3. What might you do or say if a woman tells you her baby died at birth?

Listen to her. Tell her you're sorry to hear that and WIC is supportive. Discuss her WIC benefits continue until she's 6 months post-partum. Refer her to a support group if there is one in the community.

Module 4: Using Critical Thinking



Activity 6

The Learner will observe a certification appointment and answer the questions below:

1. Critical thinking can be defined as using one's thoughts to:
Gather facts, decide what additional questions to ask, and organize relevant information in a way that leads to a plan.
2. Put a check mark before any statements that indicate a staff person is using critical thinking:
 checking for accuracy
 day-dreaming, looking out the window
 recognizing information that is important to WIC
 being too busy to pay any attention to what the participant is saying
 evaluating a participant's progress towards a goal
 considering the participant's viewpoint
 using all relevant information to determine a realistic nutrition education plan
3. Critical thinking is important to use during WIC appointments because it allows staff to:
Identify nutrition risks, prioritize relevant information, and provide quality services that focus on a desired health outcome while meeting the participant's needs.

Help the Learner find this additional resource in the training section of the Idaho WIC website:

ABCDE Assessment Tool: a quick reference tool that identifies how NRC's are organized by number grouping and concept (anthropometric, biochemical, clinical/health/medical, diet/nutrition, environmental). Look for this resource in the training section of the Idaho WIC website.



Activity 7

Review the Health Screen process with the Learner.

Have the Learner observe a Health Screen appointment for a:

- Breastfeeding woman
- Baby
- Child

1. During each Health Screen appointment, what things were done similar to a Certification Appointment?

- Height
- Weight
- Hemoglobin if applicable
- Assessment interview
- Nutrition risks assigned
- Immunizations screened
- Nutrition education
- Referrals provided
- Food package issued
- Care plan written

2. What things were done differently from a Certification Appointment?

- Eligibility was not checked:
 - no identification
 - no proof of income
 - no proof of residency
- The appointment may have been shorter (depends on Local Agency policy)