

# Oregon WIC Training Nutrition Risk Module





# **Oregon WIC Training Nutrition Risk Module**

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More Information about Medical Conditions

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**Workbook #1: Overview of Nutrition Risks** 

Workbook #2: All Client Category Risks

Workbook #3: All Women Risks

**Workbook #4: Pregnant Women Risks** 

### **Workbook #5: Infant and Child Risks**

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# Section 4 – Extras

### Job Aids

Common Abbreviations in WIC

List of Risk Numbers and Names

Risk List for Women

Risk List for Infants and Children

Disease Names and Risk Codes

Who Can Assess, Assign and Counsel for Nutrition Risk?

Clarification for Using Risks 601, 701, and 702

Risk Assignment from Prenatal Health History Questionnaire

Risk Assignment from Infant's Health History Questionnaire

Risk Assignment from Children's Health History Questionnaire

Risk Assignment from Postpartum Health History Questionnaire

### More Information about Medical Conditions

# **Training Module Evaluation**



# Starting the Module

Section

# **Contents**

- S-1 Introduction
- S-2 Instruction Levels
- S-3 About the Module
- S-4 Steps for Completing the Module
- S-5 Items Needed



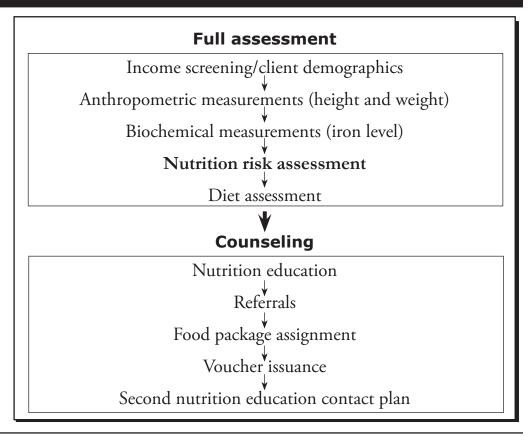
## S-1 Introduction

### What Will You Learn?

The *Nutrition Risk Module* is designed to help you get ready to certify clients. It is designed to be a training guide and a reference. After completing this module, you will be able to:

- Assign nutrition risks (except diet risks).
- Document nutrition risks.
- Refer clients to follow-up for nutrition risks.

### Where Does Nutrition Risk Fit In?



Assessing and assigning nutrition risks is just one step in the process of certifying a client.

WIC has other training modules that cover the other steps in the certification process. Your Training Supervisor will help you plan when to complete the other modules.

Before completing this module, you should have already completed the:

	Introduction to	WIC Module,
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- ☐ Anthropometric Module, and
- ☐ Biochemical Module.

You will learn about assessing and selecting *diet* risks in the *Diet* Assessment Module.

### Things to Remember

- The module and workbooks are yours to keep.
- Feel free to take notes, highlight or write in them.
- You should use the module as a reference when you are done with it.
- It may be helpful to have a medical dictionary nearby to look up words that are new to you.
- Ask your Training Supervisor if you need help or have more questions about a risk.

Training Supervisor's name and phone number:

# S-2 Instruction Levels

### Who Will Use this Module?

All staff who will certify WIC clients - including paraprofessional CPAs, professional CPAs and nutritionists - are required to complete all workbooks in this module.

### Who Can "Test Out" of the Module?

At the end of each workbook there is a *Posttest*. A person who has previous WIC experience may take the *Posttests* without completing the workbooks. A score of 100% on any *Posttest* will allow the person to skip that workbook.

## S-3 About the Module

The *Nutrition Risk Module* is designed to provide flexibility in training for each local agency. The module is designed so the certifier can begin seeing one category of client while still learning about the other categories.

Because of the large quantity of information covered in this module, the workbooks have been designed to allow you to focus on specific categories, one at a time, rather than reviewing all of the risks at once. The risks are category based, and the workbooks reflect this, with each workbook covering risks specific to a certain category. This module is designed to be a training guide and a reference. For reference purposes, all of the risks are kept together in Section 3. For training purposes, you should use the workbooks to guide you through the risks, one category at a time.

### **Example**

Lilia is a new certifier. At her agency, they would like her to begin certifying pregnant women first. When Lilia has passed the *Posttests* which show she knows the nutrition risks for pregnant women, she can begin certifying pregnant women. At the same time, she can continue to work on learning the nutrition risks for the other categories.

The Nutrition Risk Module contains:

◆ Training Plan (Section 1) – The training plan shows you which workbooks to complete before certifying clients.

- ◆ Workbooks (Section 2) The workbooks guide you in learning the nutrition risks. The workbooks contain practice activities, case studies and *Posttests*. To complete the practice activities, you will use the *Risk Info Sheets* in Section 3.
- ◆ **Risk Info Sheets** (Section 3) Has specific information about each nutrition risk. Use the *Risk Info Sheets* now to learn about each risk and use them later as a reference.
- ◆ **Job Aids** (Section 4) "Cheat Sheets" to help on-the-job. After you are done with the module, put the Job Aids in your WIC Notebook to refer to during certification.
- ◆ More Information about Medical Conditions (Section 4)
   An in-depth reference about medical conditions to use when you need more information about health or medical conditions.

### **NOTE**

In this module, we have used the risk names that match the risk names you will see on TWIST. In some cases, risk names have been shortened. To see the complete name of each risk, you can look at Policy 675 – Risk Criteria Codes and Descriptions.

# S-4 Steps for Completing the Module



It is important to read this section before continuing.

Do not read this module cover to cover.

### Recommended Training Plan

Use the following training plan to guide you in learning about the nutrition risks.

### **NOTE**

In some local agencies, your Training Supervisor may choose to have you follow a different training plan. Check with your Training Supervisor before you begin using this Training Plan.

- Step 1: Complete Workbook #1: Overview of Nutrition Risk
- Step 2: Complete Workbook #2: All Client Category Risks
- Step 3: Complete Workbook #3:

  All Women Risks
- Step 4: Complete Workbook #4:
  Pregnant Women Risks
- Step 5: Complete Workbook #5:

  Infant and Child Risks
- Step 6: Complete Workbook #6:

  Breastfeeding and Postpartum
  Women Risks
- Begin certifying pregnant women
- Begin certifying infants and children
  - Begin certifying
- breastfeeding and nonbreastfeeding women

# Final Checklist for Completing the Module

Use these time estimates to help plan your time:

- ◆ Workbook #1: Overview of Nutrition Risk 1–2 hrs
- ◆ Workbook #2: All Client Category Risks 1–2 hrs
- ◆ Workbook #3: All Women Risks 2–3 hrs
- ◆ Workbook #4: Pregnant Women Risks 1-1.5 hrs
- ◆ Workbook #5: Infant and Child Risks 1—1.5 hrs
- ◆ Workbook #6: Breastfeeding & Postpartum Women Risks 1 hr

Steps:	Date Completed:
Work with your Training Supervisor to plan your training time. Verify the training plan you should follow.	
2. Complete all the workbooks and pass the <i>Posttests</i> in the order given on your training plan.	
3. Make sure your <i>Job Aids</i> have been placed in your WIC Notebook.	
4. Complete the <i>Training Module Evaluation</i> and give it to your Training Supervisor.	
5. Your Training Supervisor will complete the <i>Competency Achievement Checklist</i> and give you your <i>Module Completion Certificate</i> .	

# S-5 Items Needed

Items Needed to Complete the Module

- Pen or pencil and highlighter.
- ◆ *More Information about Medical Conditions* (in Section 4 of the module).
- Job Aids (in Section 4 of the module).
- ◆ WIC Policy 661 Competent Professional Authority: Appropriate Counseling for Risk Levels
- ◆ Policy 675 Risk Criteria Codes and Descriptions
- ◆ Access to TWIST.
- Pregnancy Gestation Wheel (see your Training Supervisor if you do not have one of these).

To complete this workbook:	You will need:
Workbook #1: Overview of Nutrition Risk	Job Aid: Common Abbreviations in WIC
	Job Aid: List of Risk Numbers and Names
	Job Aid: Risk List for Women
	Job Aid: Risk List for Infants and Children
	Job Aid: Disease Names and Risk Codes
	Job Aid: Who Can Assess, Assign and Counsel for Nutrition Risks?
	WIC Policy 661
	Your local agency's high-risk referral guidelines and protocols.
	Your local agency's policy for documenting additional information in TWIST.
Workbook #2: All Client Category Risks	Risk Info Sheets listed in the contents of the workbook
0 7	Access to TWIST for case studies
	Only as needed: Job Aids More Information about Medical Conditions
Workbook #3:	Pregnancy Gestation Wheel
All Women Risks	Risk Info Sheets listed in the contents of the workbook
	Access to TWIST for case studies
	Only as needed: Job Aids More Information about Medical Conditions

To complete this workbook:	You will need:	
Workbook #4:	Pregnancy Gestation Wheel	
Pregnant Women Risks	Risk Info Sheets listed in the contents of the workbook	
	Access to TWIST for case studies	
	Only as needed: Job Aids Risk Assignment from Prenatal Health History Questionnaire	
	More Information about Medical Conditions	
Workbook #5: Infant and Child Risks	Risk Info Sheets listed in the contents of the workbook	
	Access to TWIST for case studies	
	Policy 675 – Risk Criteria Codes and Descriptions	
	Only as needed: Job Aids Risk Assignment from Infant's Health History Questionnaire	
	Risk Assignment from Children's Health History Questionnaire	
	Clarification for Using Risks 601, 701, and 702	
	More Information about Medical Conditions	

To complete this workbook:	You will need:
Workbook #6:	Risk Info Sheets listed in the contents of the workbook
Breastfeeding & Postpartum Risks	Access to TWIST for case studies
	Only as needed: Job Aids Risk Assignment from Infant's Health History Questionnaire
	Clarification for Using Risks 601, 701, and 702
	More Information about Medical Conditions

# List of Items Needed that are NOT Included in the Module

- ◆ WIC Policy 661 − Competent Professional Authority: Appropriate Counseling for Risk Levels
- ◆ Policy 675 Risk Criteria Codes and Descriptions
- Pregnancy Gestation Wheel
- Your local agency's high-risk referral guidelines and protocols
- Your local agency's policy for documenting additional information in TWIST
- Access to TWIST



# Workbooks

Section 2

# **Contents**

Workbook #1
Overview of Nutrition Risks

Workbook #2 All Client Category Risks

Workbook #3 All Women Risks

Workbook #4 Pregnant Women Risks

Workbook #5
Infant and Child Risks

Workbook #6
Breastfeeding &
Non-Breastfeeding Women Risks





# **Overview of Nutrition Risks**

Workbook
#1



In order to complete this workbook, you will need to use the Overview Lessons specified for practice activity.

# **Contents**

Introduction3
Practice Activity 6
Posttest

Overview of Nutrition Risk ■	Workbook #1

# **Introduction**

### Items Needed

- ◆ Job Aid: Common WIC Abbreviations
- ◆ Job Aid: *List of Risk Numbers and Names*
- ◆ Job Aid: Risk List for Women
- ◆ Job Aid: Risk List for Infants and Children
- ◆ Job Aid: *Disease Names and Risk Codes*
- ◆ Job Aid: Who Can Assess, Assign and Counsel for Nutrition Risks?
- ♦ WIC Policy 661
- Your local agency's high-risk referral guidelines and protocols
- Your local agency's policy for documenting additional information in TWIST
- ◆ The Overview Lessons from Section 3:
  - ♦ Introduction to Nutrition Risk
  - ♦ Risk Levels
  - **♦** WIC Staff Roles
  - **♦** *Documentation*

### Goal

To learn basic information about the nutrition risks and how they are selected for participants.

#### NOTE

Please see the Training Plan in *Starting the Module* for the other workbooks you will need to complete before certifying clients.

### How to Use this Workbook

- 1. Use the Training Checklist on the next page to plan the time you will need to complete this workbook.
- 2. You can take the workbook out of the module to make it easier to look at the workbook and the lessons at the same time.
- 3. Work through the *Practice Activity*.
  - Read the lessons listed on the *Practice Activity*.
  - Complete the practice activities and skill checks in the lessons.
  - Keep track of questions to ask your Training Supervisor.
- 4. Meet with your Training Supervisor to complete the *Posttest*.
  - ◆ You can use the module to look up information while working through the *Posttest*.
  - When you have completed the *Posttest* with a score of 100%, you will be ready to move on to the next workbook.

# Training Checklist

It should take about 60–120 minutes to complete this workbook.

Steps:	Target Date:	Date Completed:
1. Read the lessons listed on your <i>Practice Activity</i> . You will find these lessons in the <i>Overview Lessons</i> in Section 3 of the module.		
2. Meet with your Training Supervisor to discuss your questions.		
3. Meet with your Training Supervisor to complete the <i>Posttest</i> .		

# **Practice Activity - Skill Check**

### **Overview of Nutrition Risks**

The following lessons contain helpful information that applies to all nutrition risks. Read the following lessons and complete the practice activities and skill checks within the lessons.

☐ *Risk Levels* 

☐ WIC Staff Roles

☐ *Documentation* 

### **Notes**

Write any questions you have for your Training Supervisor here.

# **Posttest**

4	77771	1	C		C	• • •	• 1	١.
Ι.	What are	the	tour	groups	ot	nutrition	ris.	K:

2. Which group is not covered in this module?

3. What might you say to a participant who says "I have high blood pressure?"

4. How will you know if a client has been assigned a high risk level?

5. What special services do high-risk clients receive?

6. Who in your clinic sees high-risk clients?

7. What is your staff role?

8. When are you required to document additional information about nutrition risk?

9. Where will you document additional information about low risks?

10. Where will you document additional information about medium risks?

11. Where will you document additional information about high risks?



# All Client Category Risks

Workbook
#2



In order to complete this workbook, you will need to use the *Risk Info Sheets* specified for practice activity.

# **Contents**

Introduction3
Practice Activity 1 7
Practice Activity 2
Practice Activity 3 10
Practice Activity 4 12
Practice Activity 5 14
Practice Activity 6 16
Case Study A18
Case Study B21
Posttest 25

All Client Category Risks ■	Workbook #2	

# Introduction

### Items Needed

- ◆ Access to TWIST for Case Studies
- ◆ The *Risk Info Sheets* listed below for each *Practice Activity*:

### Practice Activity 1

- 201 Low Hemoglobin/Low Hematocrit
- 211 Elevated Blood Lead Levels

### Practice Activity 2

- 342 Gastro-Intestinal Disorders
- 343 Diabetes Mellitus
- 345 Hypertension
- 346 Renal Disease
- 347 Cancer
- 356 Hypoglycemia
- 360 Other Medical Conditions

### Practice Activity 3

- 341 Nutrient Deficiency Diseases
- 348 Central Nervous System Disorders
- 349 Genetic and Congenital Disorders
- 351 Inborn Errors of Metabolism
- 362 Developmental, Sensory or Motor Delays Interfering with the Ability to Eat

Practice Activity 4

353 – Food Allergies

354 – Celiac Disease

355 – Lactose Intolerance

Practice Activity 5

352 – Infectious Diseases

357 – Drug Nutrient Interactions

359 – Recent Major Surgery, Trauma or Burns

381 – Dental Problems

Practice Activity 6

501 – Preventive Maintenance

502 – Transfer of Certification

801 – Homelessness

802 – Migrancy

901 – Recipient of Abuse

903 – Foster Care

- May want to use:
  - ♦ Job Aids
  - ♦ *More Information about Medical Conditions*

### Goal

After completing this workbook, you will be able to assess and assign risk factors that apply to all categories of clients.

#### NOTE

Please see the Training Plan in *Starting the Module* for the other workbooks you will need to complete before certifying clients.

### How to Use this Workbook

- 1. Use the *Training Checklist* on the next page to plan the time you will need to complete this workbook.
- 2. You can take the workbook out of the module to make it easier to look at the workbook and the *Risk Info Sheets* at the same time.
- 3. Work through each *Practice Activity*.
  - Read the *Risk Info Sheets* listed on each *Practice Activity*.
  - Answer the questions about the risks. Write your answers directly in the workbook.
  - Keep track of questions to ask your Training Supervisor.
- 4. Complete the Case Studies.
  - ◆ The *Case Studies* will give you practice assigning the risks on TWIST.
  - Ask your Training Supervisor to help you log on to TWIST using the practice database.
  - You can use the module to look up information while working through the *Case Studies*.
- 5. Meet with your Training Supervisor to complete the *Posttest*.
  - ◆ You can use the module to look up information while working through the *Posttest*.
  - When you have completed the *Posttest* with a score of 100%, you will be ready to move on to the next workbook.

# Training Checklist

It should take about 120-180 minutes to complete this workbook.

Steps:	Target Date:	Date Completed:
1. Read the <i>Risk Info Sheets</i> listed on each Practice Activity. You will find the <i>Risk Info Sheets</i> in Section 3 of the module.		
2. Using the TWIST practice database, complete the <i>Case Studies</i> .		
3. Meet with your Training Supervisor to discuss your questions.		
4. Meet with your Training Supervisor to complete the <i>Posttest</i> .		

### "Biochemical" Risks

Both of these risks are biochemical risks.

Read the Risk Info Sheet for each of the following risks.

- □ 201 Low Hematocrit/Low Hemoglobin
- □ 211 Elevated Blood Lead Levels

#### **NOTE**

To review information about biochemical data, see the *Biochemical Module*.

#### Skill Check

Write your answer to the following questions.

1. For Risk 201, when will you have to manually change the risk level to high-risk?

2. Where can you find out more information about lead poisoning?

#### "Health Problem" Risks

Participants with these risks have serious health problems.

Read the Risk Info Sheet for each of the following risks.

- □ 342 Gastro-Intestinal Disorders
- □ 343 Diabetes Mellitus
- $\square$  345 Hypertension
- □ 346 Renal Disease
- **□** 347 Cancer
- □ 356 Hypoglycemia
- □ 360 Other Medical Conditions

#### Skill Check

Write your answers to the following questions.

- 1. What would you do if you weren't sure a medical condition was included in one of these risks?
- 2. What is the key information that you need to know if a parent is reporting that their child has one of these health or medical conditions?

3.	Which of these risks requires additional documentation?
4.	Where will you enter the additional documentation?
5.	Which of these risks require a high-risk referral to a WIC nutritionist?
6.	Avery is a postpartum woman with a 6-week-old baby. She was just diagnosed with breast cancer. Would she qualify for a nutrition risk?  YES – RISK # NO RISK
7.	Savannah is a 2-year-old. When she was a baby, she had an infection in her intestines which required removal of half of her small intestine. Would she qualify for a nutrition risk?
	YES – RISK # NO RISK
8.	Scarlett is a 4-year-old recently diagnosed with Type 1 diabetes. Would she qualify for a nutrition risk?
	YES – RISK # NO RISK
9.	Alexandra is a pregnant woman who has been taking medicatio for high blood pressure for the past 2 years. Would she qualify for a nutrition risk?
	YES – RISK # NO RISK
10.	Sarah is currently being treated by her physician for a kidney infection. Would she qualify for a nutrition risk?
	YES – RISK # NO RISK
11.	Anna is a pregnant woman with asthma that requires daily medication. Would she qualify for a nutrition risk?
	YES – RISK # NO RISK

### "Ongoing Health Issues" Risks

Participants with these risks have health issues that are ongoing.

Read the *Risk Info Sheet* for each of the following risks.

	341	- Nutrient	Deficienc	cy Diseases
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- □ 348 Central Nervous System Disorders
- ☐ 349 Genetic and Congenital Disorders
- □ 351 Inborn Errors of Metabolism
- □ 362 Developmental Delays, Sensory or Motor Delays Interfering with the Ability to Eat

### Skill Check

1. On the next page, write the risk code that would apply to a participant with each of these conditions. You may use the *Risk Info Sheets* for reference.

Risk Code	Condition:
	Spina bifida
	Developmental Delays
	Malnutrition
	Cleft Palate
	PKU
	Autism
	Multiple Sclerosis
	Galactosemia
	Down Syndrome
	Epilepsy
	Sickle Cell Anemia
	Vitamin A Deficiency
	Brain Damage
	Rickets
	Cerebral Palsy

2. Where will you document additional information for these risks?

#### "Can't Eat Some Foods" Risks

There are some participants who cannot eat some foods because they are allergic or intolerant to them. The risks in this group all pertain to food intolerance or allergy.

Read the Risk Info Sheet for each of the following risks.

□ 353 – Food Allergies

□ 354 – Celiac Disease

□ 355 – Lactose Intolerance

#### Skill Check

Answer the following questions.

1. Johanna is pregnant. She tells you that she can't drink milk because it gives her stomach cramps and diarrhea. She can eat small amounts of cheese. Would she qualify for a nutrition risk?

YES – RISK # \_\_\_\_\_ NO RISK

2. Jordan is 3 years old. His mother tells you that he was diagnosed with gluten enteropathy last month. Would he qualify for a nutrition risk?

YES – RISK # \_\_\_\_\_ NO RISK

3.	Joel is 2 years old. His father tells you that last month he had a
	severe allergic reaction to peanuts. On the advice of their doctor,
	they are closely watching his diet to make sure he doesn't eat
	anything that contains peanuts. Would he qualify for a nutrition
	risk?

YES – RISK # \_\_\_\_\_ NO RISK

#### "Current Illness" Risks

Participants with these risks have a current or recent medical problem or illness.

Read the *Risk Info Sheet* for each of the following risks.

	l <i>352</i> –	In	fectious	Diseases
--	----------------	----	----------	----------

- □ 357 Drug Nutrient Interactions
- □ 359 Recent Major Surgery, Trauma or Burns
- □ 381 Dental Problems

### Skill Check

Write your answers to the following questions.

1. Which two risks are low-risk?

Where will the additional information be documented?

2. Which two risks are high-risk?

Where will the additional information be documented?

3.	Andres, a 5-month-old baby, had hea Would he qualify for a nutrition risk	
	YES – RISK #	NO RISK
4.	Divya is a pregnant women who has side of her mouth. She reports that it Would she qualify for a nutrition risk	makes eating difficult.
	YES – RISK #	NO RISK
5.	Austin is 13 months old and is taking chronic ear infections. His mother te as hungry as usual and he doesn't was Would he qualify for a nutrition risk	lls you that he doesn't seem nt to eat his favorite foods.
	YES – RISK #	NO RISK
6.	Kalay had a c-section when she delive weeks ago. She is at WIC for her pos appointment. Would she qualify for	tpartum recertification a nutrition risk?
	YES – RISK #	NO RISK
7.	Andrew is 19 months old. His mother brochiolitis 4 times since his last cert for a nutrition risk?	•
	YES – RISK #	NO RISK

#### "Other" Risks

These are the "other" risks – risks that are not due to a specific health or medical problem.

Read the Risk Info Sheet for each of the following risks.

- □ 501 Preventive Maintenance
- □ 502 Transfer of Certification
- □ 801 Homelessness
- **□** 802 *Migrancy*
- □ 901 Recipient of Abuse
- **□** *903 Foster Care*

#### Skill Check

Write your answers to the following questions.

- 1. Which of these risks are TWIST-selected?
- 2. Wilma is a pregnant woman who is transferring into your agency. Her VOC card lists the risk "Low Hemoglobin." Which risk code would you enter into TWIST?

- 3. Weston is a child who was recently taken into foster care because he was physically abused by his family. Which 2 risks would he qualify for?
- 4. William was recertified 3 times in a row for RISK 201 (Low Hemoglobin/Low Hematocrit). At this certification, everything appears to be normal. Would he qualify for a nutrition risk?

YES – RISK # \_\_\_\_\_ NO RISK

## **Case Study A**

#### Introduction

- ◆ Using the TWIST practice database, use the client information below to begin to enroll the client.
- ◆ You can make up information that is not included.
- Answer the questions below.
- ◆ After answering the questions, you may exit TWIST without saving the client information.

### Client Information

#### **NOTE**

Check with your Training Supervisor for help accessing the TWIST practice database. If you are new to using TWIST, you can work with a co-worker who has TWIST experience and they can help you enter the information into TWIST.

A child has come to your WIC clinic to be enrolled. He has not been on WIC before. His family is **homeless**.

Client Name	Kevin Car	
DOB	15 months ago	

### **⇒** Anthropometric/Biochemical for an Infant/Child

• On the "Medical Data" screen, use the following information.

Birth Weight	7 pounds 6 ounces
Birth Length	20 inches
Current Weight (taken today)	20 pounds
Current Length (taken today)	29 inches
Hemoglobin/ Hematocrit	11.3/34
Head Circumference	19 inches
"Gestation Age Adjust" button	Premature – No Weeks Gestation: 40 weeks

- View the graphs.
- On the "Health History Questionnaire" screen, enter the following information.

Child's Health?	Mom says he has asthma and needs to take medicine every day for it. She is worried that it is getting worse.
Medical or Health Problems?	Yes  - Select risk from pop-up  - Enter in notes: "asthma"
Medications?	Yes, drug nutrient interaction – Enter in notes: "daily breathing treatment with Albuterol and Prednisone"
DTaPs up to date?	Yes, record reviewed
Anyone smoke in house?	No

Anyone physically hurt child?	No
CPA Reviewed?	Check box

• On the "Health History – Risk Factors" screen, review the "assigned risks."

### Questions

- 1. What risks were assigned? Are they the appropriate risks?
- 2. What additional information did you enter for his risks?

3. What risk level is he?

4. Do you need to refer him to another WIC staff member?

## **Case Study B**

#### Introduction

- Using the TWIST practice database, use the client information below to begin to enroll the client.
- You can make up information that is not included.
- Answer the questions below.
- After answering the questions, you may exit TWIST without saving the client information.

### **Client Information**

#### **NOTE**

Check with your Training Supervisor for help accessing the TWIST practice database. If you are new to using TWIST, you can work with a co-worker who has TWIST experience and they can help you enter the information into TWIST.

A pregnant woman has come to your WIC clinic to be enrolled. She has not been on WIC before. Her husband is a **migrant farm** worker.

Client Name	Alexandra Freddie	
DOB	10/01/1979	
EDD	7 months from today	

### **○** Anthropometric and Biochemical for Women

• On the "Medical Data" screen, use the following information.

Collection Date	Today
Weight (taken today)	165 pounds
Height	68 inches
Pre-pregnancy Weight	155 pounds
Hemoglobin/Hematocrit	9.0/27 (taken today)  – Is this a medium or a high risk?

#### **⇒** Health History

• On the "Health History – Questionnaire" screen, enter the following information.

Your health?	No concerns
First pregnancy?	Yes
When start going to doctor?	1st trimester
Medical or Health Problems?	Yes  - Select risk from popup  up  - Enter in notes: "tuberculosis"
Medications?	No
Smoke now?	No
Anyone smoke in house?	No
Drink now?	No
Used drugs?	No

Has anyone physically hurt you?	No
How will you feed your baby?	Breastfeed
What have you heard about breastfeeding?	My mom breastfed
CPA Reviewed?	Check box

• On the "Health History – Risk Factors" screen, review the "assigned risks."

### Questions

- 1. What risks were assigned? Are they the appropriate risks?
- 2. What additional information did you enter for her risks?
- 3. What risk level is she?

4. Do you need to refer her to another WIC staff member?

#### **Posttest**

Write your answers to the following questions. You may use the *Risk Info Sheets* and Job Aids for reference.

1. If a participant is transferring into your WIC clinic from another state and brings a VOC card with the risk "anemia," would you use Risk 502?

- 2. Name 3 reasons you could NOT use Risk 501?
- 3. If you are a paraprofessional CPA certifying this client, what would you enter in the "Progress Notes" for the following situation?

Julie is 25 weeks pregnant. Her hemoglobin/hematocrit is 10.6/32. She tells you that last week her doctor diagnosed her with pregnancy-induced hypertension. She also has mild cerebral palsy.

S:

A:

P:

Use the information about each participant to answer the questions.

#### 4. Sonya:

- She is 18 months old with numerous health problems.
- She is being treated by her physician for a cancerous brain tumor.
- The cancer treatment makes it difficult for her to eat.
- She has chronic high blood pressure.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

#### 5. Artrina:

- She is a pregnant woman who is having gallbladder problems and may need surgery.
- ◆ She also has a bladder infection.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

#### 6. Beatriz:

- She is a pregnant woman who was born with a cleft lip.
- She reports that her doctor found out that her blood sugar levels are regularly going too low.
- She also requires daily breathing treatment for asthma.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

#### 7. Alexis:

- She is a breastfeeding woman who has had Type 1 diabetes since she was 5 years old.
- She is also being treated for tuberculosis.
- ◆ Her baby is 5 weeks old.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

#### 8. Brianna:

- She was born with cerebral palsy.
- She was referred to WIC from a local housing program.
- She is a pregnant woman who recently moved into a transitional shelter while she waits for an apartment to become available.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

#### 9. Betty:

- She recently immigrated to the United States.
- She is pregnant and her doctor has diagnosed her with vitamin A deficiency and gluten sensitivity.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

#### 10. **Carly**:

- She was in a car accident last year that left her with minor brain damage.
- She has difficulty chewing foods and uses a nutritional supplement drink three times a day.
- She is pregnant.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

#### 11. Martina:

- She is a 20-year-old woman with PKU.
- She is pregnant.
- Her husband works in seasonal agriculture.
- They recently moved to your area and are staying at the migrant farm workers camp.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

#### 12. Justin:

- ◆ He is 4 weeks old.
- ◆ His foster mother is requesting a soy formula because he spits up when he drinks milk-based formula.
- Mom reports that he frequently has gas, but he does not have diarrhea.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

#### 13. Camille:

- She is being recertified as a non-breastfeeding woman.
- She is taking a medication for ADHD which makes her not feel hungry.
- She tells you that she gets a rash around her mouth when she eats bread or crackers and wonders if she is allergic to wheat.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

#### 14. Aidan:

- He is 4 years old.
- ◆ He has baby bottle tooth decay that has not been treated because the family does not have access to a dentist.
- Mom reports that he has trouble eating hard foods.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

#### 15. Katrina:

- She is a 17 year old who is pregnant.
- She was living with her boyfriend, but just moved out because he was abusive.
- She is now living in a foster home.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

#### 16. Shereen:

- She is 4 years old.
- ◆ Her hemoglobin/hematocrit is 9.0/27 and her blood lead level is 10.3.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

#### 17. Jacquie:

- She has not been on WIC before.
- She is breastfeeding her 3 month-old baby and had a c-section delivery.
- She tells you that her doctor diagnosed her with lupus 2 months ago.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

#### 18. Martin:

- He is a child being recertified for the 4th time.
- The past 4 times he was recertified for Risk 201.
- ◆ His hemoglobin/hematocrit today is 11.6/35.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

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# All Women Risks

Workbook
#3



In order to complete this workbook, you will need to use the *Risk Info Sheets* specified for practice activity.

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Practice Activity 4 11
Case Study A 12
Case Study B 15
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All Women Risks ■ Workbook	#3	

### **Introduction**

#### Items Needed

- Access to TWIST for case studies
- Pregnancy Wheel
- ◆ The *Risk Info Sheets* listed below for each *Practice Activity*:

#### Practice Activity 1

- 303 History of Gestational Diabetes
- 311 History of Preterm Delivery
- 312 History of Low Birth Weight
- 321 History of Fetal or Neonatal Loss
- 337 History of a Birth of a Large for Gestational Age Infant
- 339 History of a Birth with Nutrition Related Congenital Birth Defect

#### Practice Activity 2

- 331 Pregnancy at a Young Age
- 332 Closely Spaced Pregnancy
- 333 High Parity and Young Age
- 335 Multiple Fetus Pregnancy

#### Practice Activity 3

- 358 Eating Disorders
- 902★ Woman or Primary Caregiver with Limited Ability to Make Feeding Decisions and/or Prepare Food
- ★ There is more than one *Risk Info Sheet* with this Risk Number. Make sure you select the correct one for the client's category.

371 – Maternal Smoking

372 – Alcohol and Illegal and/or Illicit Drug Use

- May want to use:
  - ♦ Job Aids
  - More Information about Medical Conditions

#### Goal

After completing this workbook, you will be able to assess and assign the risk factors that apply to all women.

#### NOTE

See the Training Plan in *Starting the Module* for the other workbooks you will need to complete before certifying women.

Before starting this workbook, you should have already completed:

- $\square$  Workbook #1 Overview of Nutrition Risk, and
- $\square$  Workbook #2 All Client Category Risks.

#### How to Use this Workbook

- 1. Use the *Training Checklist* on the next page to plan the time you will need to complete this workbook.
- 2. Take the workbook out of the module to make it easier to look at the workbook and the Risk Info Sheets at the same time.
- 3. Work through each *Practice Activity*.
  - Read the *Risk Info Sheets* listed on each *Practice Activity*.
  - Answer the questions about the risks. Write your answers directly in the workbook.
  - Keep track of questions to ask your Training Supervisor.

- 4. Complete the Case Studies.
  - ◆ The *Case Studies* will give you practice assigning the risks on TWIST.
  - Ask your Training Supervisor to help you log on to TWIST using the practice database.
  - You can use the module to look up information while working through the Case Studies.
- 5. Meet with your Training Supervisor to complete the *Posttest*.
  - ◆ You can use the module to look up information while working through the *Posttest*.
  - When you have completed the *Posttest* with a score of 100%, you will be ready to move on to the next workbook.

### Training Checklist

It should take about 120–180 minutes to complete this workbook.

Steps:	Target Date:	Date Completed:
1. Read the <i>Risk Info Sheets</i> listed on each Practice Activity. You will find the <i>Risk Info Sheets</i> in Section 3 of the module.		
2. Using the TWIST practice database, complete the <i>Case Studies</i> .		
3. Meet with your Training Supervisor to discuss your questions.		
4. Meet with your Training Supervisor to complete the <i>Posttest</i> .		

#### "History of..." Risks

These risks refer to a condition a woman had during a previous pregnancy. They are CPA-selected during the health history.

Read the Risk Info Sheet for each of the following risks.

- □ 303 History of Gestational Diabetes
- □ 311 History of Preterm Delivery
- □ 312 History of Low Birth Weight
- ☐ 321 History of Fetal or Neonatal Loss
- □ 337 History of Large for Gestational Age Infant
- □ 339 History of Birth with Nutrition Related Congenital Birth Defect

#### Skill Check

Write your answers to the following questions.

1. What is the difference between assigning these risks for a prenatal woman and a breastfeeding/non-breastfeeding woman?

2.	Molly is being recertified as a breastfeeding woman and had gestational diabetes during her pregnancy. Would she qualify for a nutrition risk?
	YES – RISK # NO RISK
3.	Margaret is pregnant with her third child. Her first baby was born at 36 weeks. Would she qualify for a nutrition risk?
	YES – RISK # NO RISK
4.	MaryAnne is being recertified as a non-breastfeeding woman. Her baby was born 2 weeks ago and weighed 5 pound 8 ounces. Would she qualify for a nutrition risk?
	YES – RISK # NO RISK
5.	Marta is being certified as a pregnant woman. She has had 2 previous pregnancies, both ending in miscarriage. The first one ended at 20 weeks, and the second one ended at 17 weeks. Would she qualify for a nutrition risk?
	YES – RISK # NO RISK
6.	Marlina is being certified as a breastfeeding woman. She was pregnant with twins, but at 21 weeks miscarried only one of the twins. The second baby survived and is now 2 weeks old and breastfeeding. Would she qualify for a nutrition risk?
	YES – RISK # NO RISK
7.	Lenore was pregnant and had a therapeutic abortion at 11 weeks gestation. Would she qualify for a nutrition risk?
	YES – RISK # NO RISK
8.	Linnea just gave birth to a baby who weighed 9 pounds. Would she qualify for a nutrition risk?
	YES – RISK # NO RISK
9.	Laura is being enrolled as a prenatal woman. Her first child was born with spina bifida. Would she qualify for a nutrition risk?
	YES – RISK # NO RISK

# **Practice Activity 2**

"Pregnancy" R	isks
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These risks are about the woman's current or past pregnancy.

Read the Risk Info Sheet for each of the following risks.

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- □ 332 Closely Spaced Pregnancy
- □ 333 High Parity and Young Age
- □ 335 Multiple Fetus Pregnancy

# Skill Check

Write your answers to the following questions.

1. Which of these risks is TWIST-selected?

2. Katie is 15 years old and pregnant. Would she qualify for a nutrition risk?

YES – RISK # \_\_\_\_\_ NO RISK

3. This is Katrina's third pregnancy. Her other children are 13 months and 2 ½ years old. Would she qualify for a nutrition risk?

YES – RISK # \_\_\_\_\_ NO RISK

4. Kaylee is 20 years old and pregnant for the fifth time. She has one child, born 3 years ago. Before her child was born, she had 3 miscarriages (one at 18 weeks gestation, one at 21 weeks gestation and one at 20 weeks gestation). Her due date is 3 months from today. Her birthday was 2 months ago. Would she qualify for a nutrition risk?

YES – RISK # \_\_\_\_\_ NO RISK

5. Kiersten just gave birth to quadruplets. Would she qualify for a nutrition risk?

YES – RISK # \_\_\_\_\_ NO RISK

6. Which of the clients listed above would you refer to the health professional or WIC nutritionist?

# **Practice Activity 3**

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These are other health risks that apply to all women.	
Read the Risk Info Sheet for each of the following risks.	
□ 358 – Eating Disorders	

■ 902★ – Woman with Limited Ability to Make Feeding Decisions and/or Prepare Food

# Skill Check

Write your answers to the following questions.

1. While you are enrolling Carol, a pregnant woman, she tells you that she was diagnosed with bulimia last year. She says that she has stopped bingeing and purging since she found out she was pregnant, but that she is afraid she will start again. Would she qualify for a nutrition risk?

2. Heather is 13 years old and is pregnant. She lives with her mom who shops and makes all of the meals. Would she qualify for a nutrition risk?

3. Which of these clients would be referred to the WIC nutritionist?

# **Practice Activity 4**

### "Substance Abuse" Risks

Women	with	these	risks	are	using	substances	that	are	harmful	to	the
body.											

Read	the Risk	Info S	Sheet	for	each	of the	foll	owing	risks.
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- □ 371 Maternal Smoking
- □ 372 Alcohol and Illegal and/or Illicit Drug Use

# Skill Check

Write your answers to the following questions.

- 1. Which risk does not apply to non-breastfeeding women?
- 2. Tran is a non-breastfeeding woman who usually drinks 3 beers in the evening. Would she qualify for a nutrition risk?

3. Teianna is a pregnant woman who smokes one-half a pack of cigarettes a day. Would she qualify for a nutrition risk?

# **Case Study A**

### Introduction

- Using the TWIST practice database, use the client information below to begin to enroll the client.
- ◆ You can make up information that is not included.
- Answer the questions below.
- ◆ After answering the questions, you may exit TWIST without saving the client information.

### **Client Information**

### NOTE

Check with your Training Supervisor for help accessing the TWIST practice database. If you are new to using TWIST, you can work with a co-worker who has TWIST experience and they can help you enter the information into TWIST.

An exclusively breastfeeding woman has come to your WIC clinic to be enrolled. She has not been on WIC before.

Client Name	Trudy Trudow
DOB	9/12/1987
EDD	2 weeks ago
ADD	3 weeks ago

# **⇒** Anthropometric/Biochemical for Women

• On the "Medical Data" screen, use the following information.

Collection Date	Today
Weight	210 pounds
Height	66 inches
Total Weight Gain	35 pounds
Pre-pregnancy Weight	Unknown
Hemoglobin/Hematocrit	10.6/32 (taken today)

### **⇒** Health History

• On the "Health History – Questionnaire" screen, enter the following information.

Your health?	No concerns
Number of pregnancies?	2
For this pregnancy, how many babies born?	1
Did you have a Cesarean?	Yes, less than 2 months ago
Was the baby born early?	No
Baby's birth weight?	Less than or equal to 5 pounds 8 ounces – Enter in notes: "5 pounds 3 ounces"
Medical or health problems?	Yes  - Select risk from pop-up.  - Enter in notes:  "Gestational Diabetes during the most recent pregnancy"
Medications?	No

Smoke now?	Yes (5 cigarettes/day)
Anyone smoke in house?	No
Drink now?	No
Use drugs since delivery?	No
Has anyone physically hurt you?	No
CPA Reviewed?	Check box

• On the "Health History – Risk Factors" screen, review the "assigned risks."

# Questions

- 1. What risks were assigned? Are they the appropriate risks?
- 2. What additional information did you enter for her risks?
- 3. What risk level is she?
- 4. Do you need to refer her to another WIC staff member?

# **Case Study B**

### Introduction

- Using the TWIST practice database, use the client information below to begin to enroll the client.
- You can make up information that is not included.
- Answer the questions below.
- ◆ After answering the questions, you may exit TWIST without saving the client information.

### Client Information

### **NOTE**

Check with your Training Supervisor for help accessing the TWIST practice database. If you are new to using TWIST, you can work with a co-worker who has TWIST experience and they can help you enter the information into TWIST.

A pregnant woman has come to your WIC clinic to be enrolled. She has not been on WIC before.

Client Name Patricia Pregnant			
DOB	Her 15th birthday is today		
EDD	5 months from today		

# **○** Anthropometric/Biochemical for Women

• On the "Medical Data" screen, use the following information.

Collection Date	Today	
Weight	140 pounds	
Height	64 inches	
Pre-pregnancy Weight	133 pounds	
Hemoglobin/Hematocrit	12.5/37.5	

# **⊃** Health History

• On the "Health History – Questionnaire" screen, enter the following information.

Your health?	During her last pregnancy the doctor said she had hypertension, no problems yet this pregnancy.
First pregnancy?	No
Pregnancies longer than 20 weeks?	1
Stillbirths or Neonatal deaths?	Yes  – Enter in notes: "1  miscarriage at 21  weeks"
Babies born premature?	No
Babies born low birth weight?	No
End of last pregnancy?	8 months ago
Less than 16 months between pregnancies?	Yes

When start going to doctor?	1st trimester
Medical or Health Problems?	No
Medications?	No
Smoke now?	No
Anyone smoke in house?	No
Drink now?	No
Used drugs?	No
Has anyone physically hurt you?	No
How will you feed baby?	Breastfeed
What have you heard about breastfeeding?	It's good for baby.
CPA Reviewed?	Check box

▶ On the "Health History – Risk Factors" screen, review the "assigned risks."

# Questions

- 1. What risks were assigned? Are they the appropriate risks?
- 2. What additional information did you enter for her risks?

- 3. What risk level is she?
- 4. Do you need to refer her to another WIC staff member?

### **Posttest**

Write your answers to the following questions. You may use the *Risk Info Sheets* and Job Aids for reference.

- 1. Can the "history of..." risks be used for a postpartum woman if the condition was from a pregnancy 2 years ago?
- 2. For Risk 331, how will you know if she is high-risk? What additional documentation is required if she is?

Use the information about each participant to answer the questions.

### 3. Brooke:

- She is a pregnant woman who is expecting twins.
- ◆ Her 3 year-old was born 5 weeks early and weighed only 3 pounds 3 ounces at birth.
- She smokes about 5 cigarettes a day and is trying to quit.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

### 4. Janet:

- ◆ She is 16 years old and just delivered her first child 3 weeks ago.
- She is not breastfeeding.
- ◆ She tells you during her certification appointment that she was diagnosed with anorexia when she was 14 and hasn't been eating since she had the baby because she doesn't want to be fat anymore.
- ◆ She has also been taking methamphetamines to help her lose weight.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

### 5. Mae:

- She is a pregnant woman.
- ◆ The child born from her last pregnancy had an encephaly and died when he was just 5 days old.
- She conceived the current pregnancy just 3 months later.

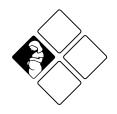
What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	

What referrals are needed?	
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### 6. Syndey:

- ◆ She is 19 years old.
- She has 3 children and is pregnant with her fourth.
- Sydney's last baby weighed 9 pounds 3 ounces and she is concerned that this baby will be big also.
- She had gestational diabetes during her last pregnancy.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	



# Pregnant Women Risks

Workbook
#4



In order to complete this workbook, you will need to use the Risk Info Sheets specified for practice activity.

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Observation Checklist

Pregnant Women Risks ■ Workbook #4

# **Introduction**

### Items Needed

- Access to TWIST for case studies
- Pregnancy Wheel
- ◆ The *Risk Info Sheets* listed below for each *Practice Activity*:

Practice Activity 1

- 101★ Underweight (Pregnant Women)
- 111★ Overweight (Pregnant Women)
- 131 Low Maternal Weight Gain
- 132 Maternal Weight Loss during Pregnancy
- 133★ High Maternal Weight Gain (Pregnant Women)

### Practice Activity 2

- 301 Hyperemesis Gravidarum
- *302 Gestational Diabetes*
- 334 Lack of or Inadequate Prenatal Care
- 336 Fetal Growth Restriction
- 338 Pregnant Woman Currently Breastfeeding
- ◆ May want to use:
  - ♦ Job Aids
  - ♦ Risk Assignment from Prenatal Health History Questionnaire
  - ♦ More Information about Medical Conditions
- ★ There is more than one *Risk Info Sheet* with this Risk Number. Make sure you select the correct one for the client's category.

### Goal

After completing this workbook, you will be able to assess and assign risk factors for pregnant women.

### **NOTE**

Before starting this workbook, you should have already completed:

- $\square$  Workbook #1 Overview of Nutrition Risk,
- □ Workbook #2 All Client Category Risks, and
- $\square$  Workbook #3 All Women Risks.

### How to Use this Workbook

- 1. Use the *Training Checklist* on the next page to plan the time you will need to complete this workbook.
- 2. Take the workbook out of the module to make it easier to look at the workbook and the *Risk Info Sheets* at the same time.
- 3. Work through each Practice Activity.
  - Read the *Risk Info Sheets* listed on each *Practice Activity*.
  - Answer the questions about the risks. Write your answers directly in the workbook.
  - ◆ Keep track of questions to ask your Training Supervisor.
- 4. Complete the Case Studies.
  - ◆ The *Case Studies* will give you practice assigning the risks on TWIST.
  - Ask your Training Supervisor to help you log on to TWIST using the practice database.
  - You can use the module to look up information while working through the *Case Studies*.

- 5. Meet with your Training Supervisor to complete the *Posttest*.
  - ◆ You can use the module to look up information while working through the *Posttest*.
  - When you have completed the *Posttest* with a score of 100%, you will be ready to begin certifying pregnant women.

# Training Checklist

It should take about 60–90 minutes to complete this workbook.

Steps:	Target Date:	Date Completed:
1. Read the <i>Risk Info Sheets</i> listed on each Practice Activity. You will find the <i>Risk Info Sheets</i> in Section 3 of the module.		
2. Using the TWIST practice database, complete the <i>Case Studies</i> .		
3. Meet with your Training Supervisor to discuss your questions.		
4. Meet with your Training Supervisor to complete the <i>Posttest</i> .		

# **Practice Activity 1**

# "Anthropometric" Risks

The group of risks listed below are all anthropometric risks for pregnant women.

Read the *Risk Info Sheet* for each of the following risks.

- ◆ 101★ Underweight (Pregnant Women)
- ◆ 111★ Overweight (Pregnant Women)
- ◆ 131 Low Maternal Weight Gain
- ◆ 132 Maternal Weight Loss during Pregnancy
- ♦ 133★ High Maternal Weight Gain (Pregnant Women)

# Skill Check

Match the risk with the condition.

101 – Underweight	Weight gain during the first month is
111 – Overweight	9 pounds. Pre-pregnancy BMI is 25 and weight
TTT Overweight	gain is 1 pound per month during the 2nd trimester.
131 – Low Maternal Weight Gain	Weight loss during the first trimester of pregnancy is 2 pounds.
132 – Maternal Weight Loss during Pregnancy	Pre-pregnancy BMI is 18.
133 – High Maternal Weight	Pre-pregnancy BMI is 29.

Gain

# **Practice Activity 2**

### "Pregnancy" Risks

These risks are all conditions that only exist during pregnancy.

Read the *Risk Info Sheet* for each of the following risks.

- ◆ 301 Hyperemesis Gravidarum
- ◆ 302 Gestational Diabetes
- ◆ 334 Lack of or Inadequate Prenatal Care
- ◆ 336 Fetal Growth Restriction
- ♦ 338 Pregnant Woman Currently Breastfeeding

### Skill Check

1. Why can't a pregnant woman who says "I've had a bit of morning sickness, but by noon I'm feeling better" qualify for Risk 301?

2. What is the difference between Diabetes Mellitus (Risk 343) and Gestational Diabetes (Risk 302)?

- 3. Would someone who is 30 weeks pregnant and has seen a doctor 1 time qualify for Risk 334?
- 4. A pregnant woman tells you that her doctor has diagnosed her with IUGR. Would she qualify for Risk 336?

5. A woman is breastfeeding her toddler once a day and is pregnant. Would she qualify for Risk 338?

# **Case Study**

# Introduction

- Using the TWIST practice database, use the client information below to begin to enroll the client.
- You can make up information that is not included.
- Answer the questions below.
- After answering the questions, you may exit TWIST without saving the client information.

# Client Information

### **NOTE**

Check with your Training Supervisor for help accessing the TWIST practice database. If you are new to using TWIST, you can work with a co-worker who has TWIST experience and they can help you enter the information into TWIST.

A pregnant woman has come to your WIC clinic to be enrolled. She has not been on WIC before.

Client Name	Maria Martin
DOB	12/12/1984
EDD	4 months from today

# **⇒** Anthropometric/Biochemical for Women

• On the "Medical Data" screen, use the following information.

Collection Date	Today
Weight	203 pounds
Height	64 inches
Pre-pregnancy Weight	190 pounds
Hemoglobin/Hematocrit	10.3/30.9 (taken today)

### **⇒** Health History

• On the "Health History – Questionnaire" screen, enter the following information.

Your health?	She was in the hospital last month for severe morning sickness.
First pregnancy?	No – Enter in notes: "5 pregnancies, 4 miscarriages"
Number of pregnancies delivered after 20 weeks?	1
Fetal loss?	Yes  - Enter in notes: "11  months ago she miscarried a baby at 21 weeks gestation."
When start going to doctor?	5th month
Medical or Health Problems?	Yes  - Select risk from popup  - Enter in notes: "She was diagnosed with bulimia just before pregnancy."
Medications?	No

Smoke now?	No
Anyone smoke in house?	No
Drink now?	No
Used drugs?	No
Has anyone physically hurt you?	No
How will you feed baby?	Breastfeed
CPA Reviewed?	Check box

• On the "Health History – Risk Factors" screen, review the "assigned risks."

# Questions

- 1. What risks were assigned? Are they the appropriate risks?
- 2. What additional information did you enter for her risks?
- 3. What risk level is she?

4. Do you need to refer her to another WIC staff member?

case study	Pregnant Womer	n Risks ■ Work	book #4	

# **Posttest**

Write your answers to the following questions. You may use the *Risk Info Sheets* and *Job Aids* for reference.

1. What is the difference between diabetes mellitus and gestational diabetes?

2. What is the difference between "morning sickness" and hyperemesis gravidarum?

3. Using a pregnancy wheel, find the woman's *age at conception* using this information:

**EDD**: December 26, 2005

Date of Birth: February 1, 1990

Use the information about each participant to answer the questions.

### 4. Beth:

- ◆ Her pre-pregnancy BMI was 29.
- ◆ Her baby is due 2 months from today and she has gained 44 pounds.
- She is breastfeeding her older child who is 22 months old.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

### 5. Mary:

- ◆ Her pre-pregnancy BMI was 25.
- She has lost 4 pounds since her pregnancy began.
- ◆ At 14 weeks into this pregnancy, she saw a health care provider for the first time and she was diagnosed with severe hyperemesis gravidarum.
- ◆ She smokes ½ pack of cigarettes per day.
- ◆ Her hemoglobin/hematocrit is 10.0/30.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	

What referrals are needed?	
----------------------------	--

### 6. Wendy:

- She is staying at a shelter for women escaping domestic violence.
- Her weight gain grid shows that she has not gained enough weight during this pregnancy.
- She recently saw a new health care provider who diagnosed her with pneumonia, she is taking antibiotics for the pneumonia without any problems.
- ◆ The doctor also diagnosed IUGR.
- She was using cocaine early in the pregnancy, but isn't using it anymore.
- She has very bad gingivitis (gum disease).

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

### 7. Susanna:

- ◆ Her pre-pregnancy BMI was 32.
- She was just diagnosed with gestational diabetes.
- ◆ She is having gallbladder problems if it gets worse the doctor said she might need surgery.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

# **Observation Checklist**

After successful completion of the *Posttest*, the Training Supervisor will use this checklist while observing the student certify WIC participants.

<b>Evaluation Criteria:</b>	Yes:	No:	N/A	Comments:
Assigns all applicable nutrition risks.				
Selects, adds, and deletes risks on the "Risk Factors" screen.				
Selects the appropriate risk from the risk factors popup.				
Reviews the risks on the "Risk Factors" screen before continuing with certification.				
Documents additional information for high risks in the correct location.				
Documents additional information for medium risks in the correct location.				
Documents additional information for low risks in the correct location.				
Refers participants to other staff members as appropriate based on risk level.				

	sks	



# Infant & Child Risks

Workbook
#5



In order to complete this workbook, you will need to use the *Risk Info Sheets* specified for practice activity.

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Infant & Child Risks ■ Workbook #5					

# **Introduction**

## Items Needed

- Access to TWIST for case studies
- The *Risk Info Sheets* listed below for each *Practice Activity*:

Practice Activity 1

103 – Underweight (Infants and Children)

113 – Monitor Weight

114 – At Risk for Overweight

121 – Short Stature

134 – Failure to Thrive

135 – Slow Weight Gain

153 – Large for Gestational Age

Practice Activity 2

141 – Low Birth Weight (LBW)

142 – Prematurity

151 – Small for Gestational Age

Practice Activity 3

350 – Pyloric Stenosis

382 – Fetal Alcohol Syndrome (FAS)

902★ – Primary Caregiver with Limited Ability to Make Feeding Decisions and/or Prepare Food

★ There is more than one *Risk Info Sheet* with this Risk Number. Make sure you select the correct one for the client's category.

- 603 Breastfeeding Complications or Potential Complications (Infant)
- 701 Infant Born to WIC Mom or WIC-Eligible Mom
- 702 Breastfeeding Infant of Woman at Nutritional Risk
- 703 Infant of Woman with Alcohol or Drug Use or Mental Retardation
- May want to use:
  - ♦ Job Aids
  - ♦ Clarification for Using Risks 601, 701, and 702
  - Risk Assignment from Infant's Health History Questionnaire
  - Risk Assignment from Children's Health History Questionnaire
  - ♦ More Information about Medical Conditions

## Goal

After completing this workbook, you will be able to assess and assign risk factors for infants and children.

#### NOTE

Before starting this workbook, you should have already completed:

- $\square$  Workbook #1 Overview of Nutrition Risk, and
- $\square$  Workbook #2 All Client Category Risks.

## How to Use this Workbook

- 1. Use the *Training Checklist* on the next page to plan the time you will need to complete this workbook.
- 2. Take the workbook out of the module to make it easier to look at the workbook and the *Risk Info Sheets* at the same time.
- 3. Work through each *Practice Activity*.
  - Read the *Risk Info Sheets* listed on each *Practice Activity*.
  - Answer the questions about the risks. Write your answers directly in the workbook.

- Keep track of questions to ask your Training Supervisor.
- 4. Complete the *Case Studies*.
  - ◆ The *Case Studies* will give you practice assigning the risks on TWIST.
  - ◆ Ask your Training Supervisor to help you log on to TWIST using the practice database.
  - ◆ You can use the module to look up information while working through the *Case Studies*.
- 5. Meet with your Training Supervisor to complete the *Posttest*.
  - ◆ You can use the module to look up information while working through the *Posttest*.
  - When you have completed the *Posttest* with a score of 100%, you will be ready to begin certifying infants and children.

# Training Checklist

It should take about 60–90 minutes to complete this workbook.

Steps:	Target Date:	Date Completed:
1. Read the <i>Risk Info Sheets</i> listed on each Practice Activity. You will find the <i>Risk Info Sheets</i> in Section 3 of the module.		
2. Using the TWIST practice database, complete the <i>Case Studies</i> .		
3. Meet with your Training Supervisor to discuss your questions.		
4. Meet with your Training Supervisor to complete the <i>Posttest</i> .		

## "Anthropometric" Risks

The risks listed below are all anthropometric risks for infants and/or children.

Read the Risk Info Sheet for each of the following risks.

- □ 103 Underweight (Infants and Children)
- □ 113 Monitor Weight
- ☐ 114 At Risk for Overweight
- □ 121 Short Stature
- □ 134 Failure to Thrive
- □ 135 Slow Weight Gain
- □ 153 Large for Gestational Age

#### **NOTE**

To review information about anthropometric data, see the *Anthropometric Module*.

# Skill Check

- 1. Which of these risks is CPA-selected?
- 2. Which of these risks require a high-risk referral to the WIC nutritionist?

3.	Timothy was born August 1 and Today is August 16 and he weight qualify for a nutrition risk?	
	YES – RISK #	NO RISK
4.	Terence is a 3-year-old boy. His E Would he qualify for a nutrition	_
	YES – RISK #	NO RISK
5.	Thanh is a 2 ½-year-old boy. His percentile. Would he qualify for	
	YES – RISK #	NO RISK
6.	Tommy's mom brings to his apportant says "Referred to WIC for Fourtrition risk?	
	YES – RISK #	NO RISK
7.	Todd weighed 9 pounds at birth. risk?	Would he qualify for a nutrition
	YES – RISK #	NO RISK
8.	last appointment, his BMI was a	
	YES – RISK #	NO RISK
	Would his risk level be high, n	nedium or low?
9.	Tyrone is 10 months old. His lender he qualify for a nutrition risk?	gth is at the 5 <sup>th</sup> percentile. Would
	YES – RISK #	NO RISK

# "Small Baby" Risks

Infants and children with these risks have all been born too small or too early.

Read the *Risk Info Sheet* for each of the following risks.

- $\square$  141 Low Birth Weight (LBW)
- **□** *142 Prematurity*
- □ 151 Small for Gestational Age

# Skill Check

- 1. Which of these risks is not TWIST-selected? How is it assigned?
- 2. Why is the additional documentation required for RISK 142 so important?

3. Which of these risks require a high-risk referral to the WIC nutritionist?

- 4. What is the difference between "low birth weight" and "small for gestational age"?
- 5. Where will you enter the gestational age if a baby is premature?

## "Health Problem" Risks

Infants and children with these risks have health problems or potential health problems. These health problem risks apply only to infants and children.

Read the *Risk Info Sheet* for each of the following risks.

- □ 350 Pyloric Stenosis
- □ 382 Fetal Alcohol Syndrome (FAS)
- □ 902★ Primary Caregiver with Limited Ability to Make Feeding Decisions and/or Prepare Food

# Skill Check

1. If a mom says her baby has "reflux" would the baby qualify for Risk 350?

2. What is the key information you need to know if a mother reports that her child has Fetal Alcohol Syndrome?

3.	Wade is a 4-week-old baby. His mother, Wilma, is mentally
	delayed. She has help from her family, but they are not able to be
	with her all day. Wilma's mother mixes formula bottles in advance
	so that they are properly diluted for the baby. Would Wade qualify
	for a nutrition risk?

YES – RISK # \_\_\_\_\_ NO RISK

## "Infant Only" Risks

These risks can be assigned to infants only.

Read the *Risk Info Sheet* for each of the following risks.

- ☐ 603 Breastfeeding Complications or Potential Complications (Infant)
- □ 701 Infant Born to WIC Mom or WIC-Eligible Mom
- □ 702 Breastfeeding Infant of Woman at Nutritional Risk
- □ 703 Infant of Woman with Alcohol or Drug Use or Mental Retardation

## Skill Check

- 1. Can Risk 702 be used if the mother's only risk is Risk 601?
- 2. How will you know if an infant's mother had (or might have had) a nutrition risk during her pregnancy?

3.	qualify for a nutrition risk?
	YES – RISK # NO RISK
4.	Sawyer is an infant being cared for by his grandmother. Sawyer's mother used drugs during pregnancy and is still using drugs.  Would Sawyer qualify for a nutrition risk?  YES – RISK # NO RISK

# **Case Study A**

# Introduction

- ◆ Using the TWIST practice database, use the client information below to begin to enroll the client.
- You can make up information that is not included.
- Answer the questions below.
- ◆ After answering the questions, you may exit TWIST without saving the client information.

## **Client Information**

#### NOTE

Check with your Training Supervisor for help accessing the TWIST practice database. If you are new to using TWIST, you can work with a co-worker who has TWIST experience and they can help you enter the information into TWIST.

An exclusively breastfeeding infant has come to your WIC clinic to be enrolled. He has not been on WIC before and his mother was not on WIC during her pregnancy.

Client Name	Miles Drive
DOB	The 1st of last month

# **⇒** Anthropometric/Biochemical for an Infant/Child

▶ On the "Medical Data" screen, use the following information.

<b>Collection Date</b>	Today
Birth Weight	9 pounds 7 ounces
Birth Length	22 inches
Current Weight (taken today)	11 pounds
Current Length (taken today)	23 inches
Hemoglobin/Hematocrit	Not taken
Head Circumference	Not taken
"Gestation Age Adjust" button	Premature – No Weeks Gestation – 40 weeks

- View the graphs.
- On the "Health History Questionnaire" screen, enter the following information.

	i e e e e e e e e e e e e e e e e e e e
Baby's Health?	No concerns
Medical or Health Problems?	None
Medications?	No
DTaPs up to date?	Younger than 3 months, no screening
Anyone smoke in house?	No
Baby's mom on WIC?	No – she smoked during her pregnancy which would have qualified her for WIC.

Baby's mom drink alcohol or drugs during pregnancy?	No
Has anyone physically hurt child?	No
CPA Reviewed?	Check box

• On the "Health History – Risk Factors" screen, review the "assigned risks."

# Questions

- 1. What risks were assigned? Are they the appropriate risks?
- 2. What additional information did you enter for his risks?

3. What risk level is he?

4. Do you need to refer him to another WIC staff member?

# **Case Study B**

## Introduction

- Using the TWIST practice database, use the client information below to begin to enroll the client.
- You can make up information that is not included.
- Answer the questions below.
- ◆ After answering the questions, you may exit TWIST without saving the client information.

## Client Information

#### NOTE

Check with your Training Supervisor for help accessing the TWIST practice database. If you are new to using TWIST, you can work with a co-worker who has TWIST experience and they can help you enter the information into TWIST.

A child has come to your WIC clinic to be enrolled. He has not been on WIC before. He is a **foster child** who was placed in the foster home last month.

Client Name	Paul Paolo
DOB	15 months ago

# **○** Anthropometric/Biochemical for an Infant/Child

• On the "Medical Data" screen, use the following information.

Collection Date	Today
Birth Weight	5 pounds 15 ounces
Birth Length	18 inches
Current Weight	22 pounds
Current Length	31 inches
Hemoglobin/Hematocrit	10.5/31.5
Head Circumference	Not taken
"Gestation Age Adjust" button	Premature – Yes
	Weeks Gestation – 36 weeks

- View the graphs.
- On the "Health History Questionnaire" screen, enter the following information.

Child's Health?	Premature
Medical or Health Problems?	Diagnosed with mild FAS – was born to mother using alcohol during pregnancy
Medications?	Yes – There are drug nutrient interactions – Enter in notes: "A medication for epilepsy that sometimes upsets his stomach"
DTaPs up to date?	Yes, record reviewed
Anyone smoke in house?	No
Anyone physically hurt child?	No

CPA Reviewed?	Check box
CPA Reviewed?	Check box

• On the "Health History – Risk Factors" screen, review the "assigned risks."

# **Questions**

- 1. What risks were assigned? Are they the appropriate risks?
- 2. What additional information did you enter for his risks?
- 3. What risk level is he?

4. Do you need to refer him to another WIC staff member?

# **Posttest**

Write your answers to the following questions. You may use the *Risk Info Sheets* and *Job Aids* for reference.

1. Why are we monitoring the weight of children with Risk 113?

2. Describe the difference between small for gestational age and low birth weight.

3. Why is the gestational age pop-up important to complete?

4. How will you know whether or not to assign Risk 701 if the infant's mom was not on WIC?

5. In what situations can you NOT use Risk 702?

6. Would all children born to mothers who are 16 years old qualify for Risk 902?

Use the information about each participant to answer the questions.

- 7. Seth:
  - ◆ He is 5 months old.
  - He is underweight for his age and length
  - ◆ His foster mother tells you he was diagnosed with FAS his mother used alcohol during pregnancy.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

## 8. Wilson:

- He is 2 weeks old and is exclusively breastfeeding.
- He weighed 10 pounds at birth.
- His mom was on WIC during pregnancy.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

#### 9. Xavier:

- ◆ He is 6 weeks old.
- ◆ His mom tells you that the doctor said he was small for his age when he was born.
- He was just diagnosed with pyloric stenosis and will have surgery next week.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

#### 10. Zinnian:

- ◆ He is a 3-year-old child who recently immigrated to the US from Southeast Asia.
- His height is below the 5<sup>th</sup> percentile for his age.
- ◆ His BMI is at the 90<sup>th</sup> percentile.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

#### 11. Nick:

- He is an exclusively breastfeeding infant who is 14 days old.
- He weighed 8 pounds 3 ounces at birth and now weighs 8 pounds 1 ounce.
- ◆ His mom tells you that he has trouble nursing, he doesn't latch on very well because she has flat nipples. He lost 8 ounces after he was born, but has slowly been regaining the weight.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

# 12. Zachary:

- ◆ He is 4 years old.
- ◆ His hemoglobin is 10.
- ◆ His BMI falls in the 98<sup>th</sup> percentile.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

# **Observation Checklist**

After successful completion of the *Posttest*, the Training Supervisor will use this checklist while observing the student certify WIC participants.

Evaluation Criteria:	Yes:	No:	N/A	Comments:
Assigns all applicable nutrition risks.				
Selects, adds, and deletes risks on the "Risk Factors" screen.				
Selects the appropriate risk from the risk factors popup.				
Reviews the risks on the "Risk Factors" screen before continuing with certification.				
Documents additional information for high risks in the correct location.				
Documents additional information for medium risks in the correct location.				
Documents additional information for low risks in the correct location.				
Refers participants to other staff members as appropriate based on risk level.				

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# Breastfeeding & Non-Breastfeeding Risks

Workbook
#6



In order to complete this workbook, you will need to use the *Risk Info Sheets* specified for practice activity.

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Breastfeeding	& Non-Breast	feeding Won	nen Risks <b>I</b>	■ Workbook #	6	

# **Introduction**

## **Items Needed**

- ◆ Access to TWIST for case studies
- ◆ The *Risk Info Sheets* listed below for each *Practice Activity*:

Practice Activity 1

101★ – Underweight
(Breastfeeding & Non-Breastfeeding)

111★ – Overweight (Breastfeeding & Non-Breastfeeding)

133★ – High Maternal Weight Gain (Breastfeeding & Non-Breastfeeding)

Practice Activity 2

601 – Breastfeeding Mother of Infant at Nutritional Risk

602 – Breastfeeding Complications or Potential Complications (Woman)

- May want to use:
  - ♦ Job Aids
  - ♦ Clarification for Using Risks 601,701, and 702
  - ♦ Risk Assignment from Postpartum Health History Questionnaire
  - ♦ More Information about Medical Conditions
- ★ There is more than one *Risk Info Sheet* with this Risk Number. Make sure you select the correct one for the client's category.

## Goal

After completing this workbook, you will be able to assess and assign risk factors for breastfeeding and non-breastfeeding women.

#### **NOTE**

Before starting this workbook, you should have already completed:

- $\square$  Workbook #1 Overview of Nutrition Risk,
- ☐ Workbook #2 All Client Category Risks, and
- $\square$  Workbook #3 All Women Risks.

## How to Use this Workbook

- 1. Use the *Training Checklist* on the next page to plan the time you will need to complete this workbook.
- 2. Take the workbook out of the module to make it easier to look at the workbook and the *Risk Info Sheets* at the same time.
- 3. Work through each *Practice Activity*.
  - ◆ Read the *Risk Info Sheets* listed on each *Practice Activity*.
  - Answer the questions about the risks. Write your answers directly in the workbook.
  - Keep track of questions to ask your Training Supervisor.
- 4. Complete the Case Studies.
  - ◆ The *Case Studies* will give you practice assigning the risks on TWIST.
  - Ask your Training Supervisor to help you log on to TWIST using the practice database.
  - You can use the module to look up information while working through the Case Studies.

- 5. Meet with your Training Supervisor to complete the *Posttest*.
  - You can use the module to look up information while working through the *Posttest*.
  - ◆ When you have completed the *Posttest* with a score of 100%, you will be ready to begin certifying breastfeeding and non-breastfeeding women.

# Training Checklist

It should take about 30-60 minutes to complete this workbook.

Steps:	Target Date:	Date Completed:
1. Read the <i>Risk Info Sheets</i> listed on each Practice Activity. You will find the <i>Risk Info Sheets</i> in Section 3 of the module.		
2. Using the TWIST practice database, complete the <i>Case Studies</i> .		
3. Meet with your Training Supervisor to discuss your questions.		
4. Meet with your Training Supervisor to complete the <i>Posttest</i> .		

# "Anthropometric" Risks

These risks are the anthropometric risks for breastfeeding and non-breastfeeding women. They are all TWIST-selected when you correctly enter anthropometric data on the TWIST "Medical Data" screen.

Read the Risk Info Sheet for each of the following risks.

- ☐ 101★ Underweight
  (Breastfeeding & Non-Breastfeeding)
- ☐ 111★ Overweight
  (Breastfeeding & Non-Breastfeeding)
- ☐ 133★ High Maternal Weight Gain
  (Breastfeeding & Non-Breastfeeding)

## Skill Check

- 1. Which of these risks require a referral to the WIC nutritionist?
- 2. Sally's current BMI is 29. She is a breastfeeding woman whose baby is 2 months old. Would she qualify for a nutrition risk?

YES – RISK # \_\_\_\_\_ NO RISK

3.	Sue is at WIC to be recertified	l as a breastfeeding woman. Her
	baby is 2 weeks old. Her BMI	before pregnancy was 29.0. Her
	weight gain during pregnancy for a nutrition risk?	was 33 pounds. Would she qualify
	YES – RISK #	NO RISK

## "Breastfeeding Mother" Risks

These risks apply only to breastfeeding mothers.

Read the Risk Info Sheet for each of the following risks.

- □ 601 Breastfeeding Mother of Infant at Nutritional Risk
- ☐ 602 Breastfeeding Complications or Potential Complications (Woman)

## Skill Check

- 1. Julia is breastfeeding her baby, Julius. He has already been enrolled on WIC because he was large for gestational age. Would Julia qualify for Risk 601?
- 2. Julie gave birth 5 days ago. She is at WIC to see the breastfeeding counselor. She has severe breast engorgement and inverted nipples. Would Julie qualify for Risk 602?
- 3. What additional documentation is required for these risks?

# **Case Study**

# Introduction

- Using the TWIST practice database, use the client information below to begin to enroll the client.
- You can make up information that is not included.
- Answer the questions below.
- ◆ After answering the questions, you may exit TWIST without saving the client information.

# Client Information

#### **NOTE**

Check with your Training Supervisor for help accessing the TWIST practice database. If you are new to using TWIST, you can work with a co-worker who has TWIST experience and they can help you enter the information into TWIST.

A partially breastfeeding woman has come to your WIC clinic to be enrolled. She has not been on WIC before.

Client Name	Kiko Yamhill
DOB	10/31/1985
EDD	3 weeks ago
ADD	8 weeks ago

# **○** Anthropometric and Biochemical for Women

• On the "Medical Data" screen, use the following information.

Collection Date Today		
Weight 150 pounds		
Height	62 inches	
Total Weight Gain	34 pounds	
Pre-pregnancy Weight	144 pounds	
Hemoglobin/Hematocrit	10.2/30.6 (taken today)	

## **⇒** Health History

▶ On the "Health History – Questionnaire" screen, enter the following information.

Your health?	No concerns		
Number of pregnancies?	1		
For this pregnancy, how many babies born?	3		
Did you have a Cesarean?	Yes, less than 2 months ago		
Was the baby born early?	Yes  – Enter in notes: "35  weeks gestation"		
Baby's birth weight?	Less than 5 pounds 8 ounces  – Enter in notes:  "5 pounds 3 ounces 5 pounds 1 ounce 4 pounds 15 ounces"		
Medical or health problems?	Has chronic high blood pressure		
Medications?	No		
Smoke now?	w? No		
Anyone smoke in house?	No		

Drink now?	No
Use drugs since delivery?	No
Has anyone physically hurt you?	No
CPA Reviewed?	Check box

• On the "Health History – Risk Factors" screen, review the "assigned risks."

# Questions

- 1. What risks were assigned? Are they the appropriate risks?
- 2. What additional information did you enter for her risks?
- 3. What risk level is she?

4. Do you need to refer her to another WIC staff member?

case Study =	Breastfeeding & Non-Breastfeeding Women	RISKS WORKDOOK #6

# **Posttest**

Write your answers to the following questions. You may use the *Risk Info Sheets* and Job Aids for reference.

1. If the woman's baby was certified using only risk 701, can she be certified with Risk 601?

Use the information about each participant to answer the questions.

#### 2. Tori:

- She is a breastfeeding woman, her baby is 4 weeks old.
- ◆ Her pre-pregnancy BMI was 28.
- ◆ Her current BMI is 28.
- She gained 40 pounds during her pregnancy.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

## 3. Tammy:

- She is a breastfeeding woman, her baby is 5 weeks old.
- ◆ Her pre-pregnancy BMI was 18.
- ◆ Her current BMI is 22.
- ◆ Her nipples are very sore and itchy. They hurt the whole time she is nursing and she might switch to formula.

What risks would be selected by TWIST and the CPA?	Risks:
What additional documentation would be entered?	
Where is it entered?	
What referrals are needed?	

# **Observation Checklist**

After successful completion of the *Posttest*, the Training Supervisor will use this checklist while observing the student certify WIC participants.

<b>Evaluation Criteria:</b>	Yes:	No:	N/A	Comments:
Assigns all applicable nutrition risks.				
Selects, adds, and deletes risks on the "Risk Factors" screen.				
Selects the appropriate risk from the risk factors popup.				
Reviews the risks on the "Risk Factors" screen before continuing with certification.				
Documents additional information for high risks in the correct location.				
Documents additional information for medium risks in the correct location.				
Documents additional information for low risks in the correct location.				
Refers participants to other staff members as appropriate based on risk level.				

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