

NEVADA WIC



Workbook: High-Risk Guidebook for Women

A Workbook to Accompany the High-Risk Guidebook for Women

Last Updated: July 2021

Table of Contents

Table of Contents	2
Using this Workbook	3
Module 1: (No critical thinking questions or case studies in Module 1)	
Module 2: Anthropometrics - The 100s Codes	4
101: Underweight	4
111: Overweight	4
Module 3: The Clinical Codes 300s	5
335: Multifetal Gestation	5
342: Gastrointestinal Disorders	5
345: Hypertension and Prehypertension	6
347: Cancer	6
351: Inborn Errors of Metabolism	7
358: Eating Disorders	7
Module 4: Dietary Codes and the Concern with High-Risk Participants	8
427.2 Diet Very Low in Calories/Essential Nutrients Example	8
427.3 Pica Example	9
Case Studies	10
101 Underweight Case Study	10
111 Overweight Case Study	14
131 Low Maternal Weight Gain Case Study	17
302 Gestational Diabetes Case Study	21
335 Multifetal Gestation Case Study	24

Using this Workbook

This workbook was created to accompany the High-Risk Guidebook for Women. As you read through the Guidebook, keep this workbook nearby so that you can easily access it to answer the Critical Thinking Questions and Case Study questions. Take notes and talk with your trainer about these questions and anything else that comes to mind that might help you to become a more successful WIC RDN, Nutritionist or CPA.

You will also have the chance to go through the case studies in a role play with your trainer or fellow RDN/Nutritionists or peer CPA's. This is great practice to incorporate PCS skills into your counseling and assessment of participants. Try to make these role playing exercises as real as possible, and discuss questions and concerns you have with your trainer when the role play is over.

If you and your trainer still have questions after discussing the situations, please contact your State Nutrition Consultant or the State Training Team.

Module 2: Anthropometrics

H*101: Underweight

1. What types of questions would you want to ask a pregnant woman who has high risk 101 to learn about her thoughts and feelings about being underweight? List your questions below.

H*111: Overweight

1. Look through the resources provided in the Guidebook or at your clinic and decide what tips or support you can provide a postpartum woman who needs to lose weight. List your tips below.

Module 3: The Clinical Codes 300s

H* 335: Multifetal Gestation

1. How can you assess how the mother is doing emotionally now that she is caring for two or more newborns? Why is this information important to your nutrition assessment?

H 342: Gastrointestinal Disorders

1. How can you encourage and support a mom who had to stop breastfeeding due to medications that she has to take for her Crohn's disease?

H 345: Hypertension and Prehypertension

1. A postpartum mom you see wants to follow the DASH diet. What information would you provide for her? How would you follow-up with this mom?

H 347: Cancer

1. Fighting cancer is an exhausting battle. This is a perfect time to show compassion and sympathy for your participants. Throughout your conversation, how can you affirm her feelings about what she is going through while still achieving a goal or behavior change?

H 351: Inborn Errors of Metabolism (IEM)

1. You see a mom with an IEM. She tells you that she monitors her condition and sees her medical team regularly. She tells you all about what she can and cannot eat and seems to be motivated to continue this lifestyle, even with the challenges of a new baby. She seems to be doing all the right things. How can you complete your nutrition assessment?

H 358: Eating Disorders

1. How can you encourage the participant to open up and share the current status of their eating disorder?

Module 4: Dietary Codes and the Concern with High-Risk Participants

427.2 Example:

1. What grabs your attention about Crystal’s chart?
2. How do WIC codes 427.2 (Diet Very Low in Calories/Essential Nutrients) and 132 (Maternal Weight Loss During Pregnancy) relate?
3. What questions would you want to ask Crystal, now that you have seen the notes from her last visit?

Case Studies

Work with your trainer and any other newly hired RDN/Nutritionist/CPAs to go through this case study as a role play. Have the trainer be the participant and the new RDN/Nutritionist/CPA go through a full high-risk assessment, including writing the note. Prompts will be given for the trainer to use, as they are playing the participant.

101: Underweight Case Study

General information

Brenda comes to you 16 weeks pregnant and underweight.

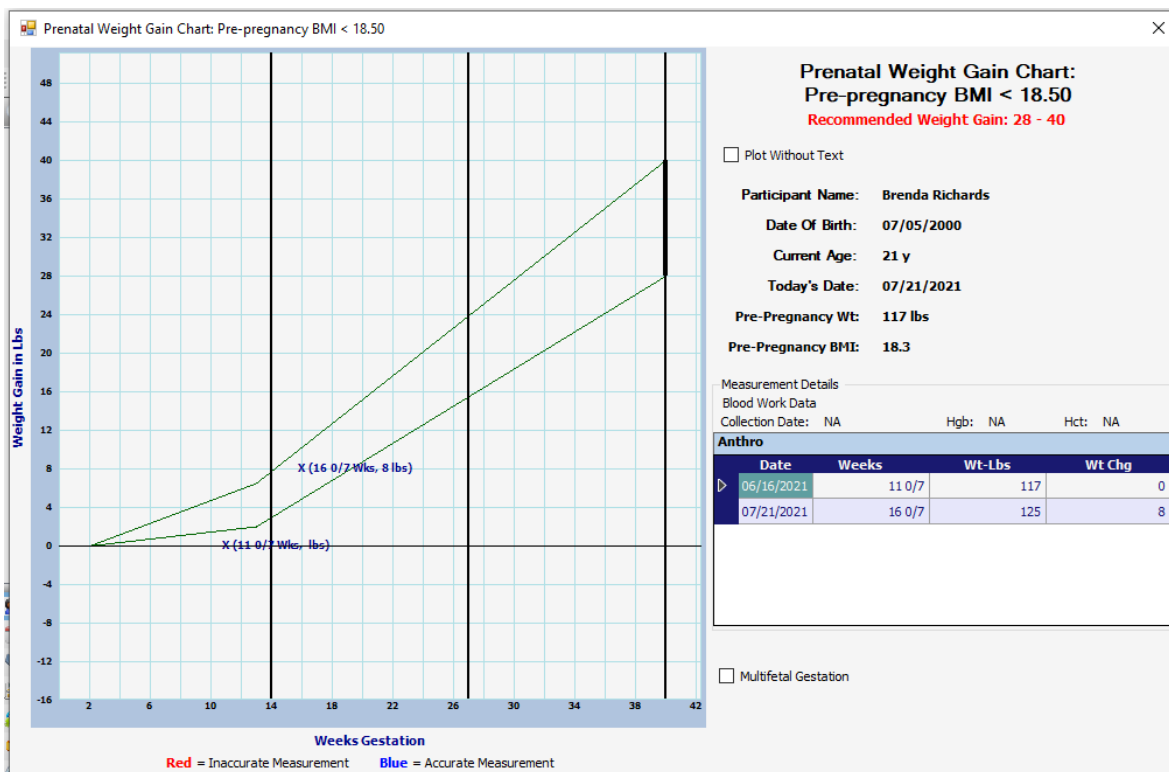
Pre-pregnancy weight: 117 lbs

Height: 5'7"

Weight at last appointment one month ago: 117 lbs

Current weight: 125 lbs

Prenatal Weight Gain Chart



Discussion Notes:

111: Overweight Case Study

General Information

Jackie is an overweight postpartum mom and has a 4-week-old baby girl, Lucy.

Pre-pregnancy weight: 154 lbs

Current weight: 175 lbs

Height: 5'5"

Current BMI: 29.1

Assessment

You decide to use PCS tools to open the conversation and ask Jackie how she is feeling about her postpartum body and her weight.” She tells you that she is feeling rough about her weight, that is it hard for her to lose weight and she gets frustrated. She tells you that she is aware of being overweight and she has decided that she wants to become healthy for her baby so that she can run after Lucy once she is starting to walk and run around. Jackie also tells you that she is starting to feel like she’s gotten the hang of being a mom now. She is trying to nurse the baby but has started to supplement with formula and that is working out well for her. She is happy and looking forward to getting out of the house more, maybe even taking a trip to the grocery store (her mother has been shopping for her so far).

1. What else would you want to find out from Jackie at this point?

5. What if Jackie told you that she didn't have any concerns with her weight? How would you continue your assessment and eventually transition into behavior change?

When you have finished, write your SOAP note below.

Discussion Notes:

131: Low Maternal Weight Gain Case Study

General Information

Joyce is 24 weeks pregnant and has high risk 131 Maternal Weight Loss During Pregnancy.

Pre pregnancy weight: 145 lbs

Height: 5'8"

Weight at last WIC visit: 136 lbs

Current Weight: 140lbs

1. What are your thoughts after seeing Joyce's weight fluctuations throughout her pregnancy?

Assessment

You decide to use PCS tools to start your discussion with Joyce. You ask Joyce, "Can you share with me how you feel your pregnancy and weight gain have been going?" Joyce responds, "I feel like I am in a healthier place with my weight gain. I had a lot of morning sickness that lasted into my second trimester. But it has gone away for the most part and I am excited today to see that I have gained four pounds in the last month."

2. How would you continue your assessment with Joyce after hearing this?

5. What education and information would you want to provide to help Joyce continue to gain weight and live healthy throughout her pregnancy and long after?

6. Instead of Joyce's weight being at 140 pounds, let's pretend that she weighed 135 pounds today for her high-risk appointment. How would this change your approach in your assessment and transition to behavior change?

NEVADA WIC

When you have finished, write your SOAP note below.

Discussion Notes:

4. In what ways can you affirm and encourage Trisha in the lifestyle changes that she has already made?

5. How would you want to follow-up with Trisha?

NEVADA WIC

When you have finished, write your SOAP note below.

Discussion Notes:

335: Multifetal Gestation Case Study

Assessment

Margaret is a 15-week pregnant mom-to-be of twins! You decide to start your assessment by asking Margaret what her hopes and dreams are for her babies, she responds, “For them to be healthy, happy, and reach their full potential.” You expertly transition her response to health and nutrition by saying, “Those are beautiful dreams to have for your babies. Starting them out on a healthy lifestyle can set your babies up to successfully reach all that they dream about achieving one day. What are some of the things that you are doing now to create a healthy start for them?” Margaret answers that she is packing healthy snacks, like fruits, nuts and cheese to take with her during the day. She also walks most nights after dinner with her husband and their dog. You also ask what her doctor has said about her pregnancy and weight gain thus far. She tells you that her doctor has not mentioned healthy weight gain and Margaret wonders how much weight she should be gaining throughout her pregnancy.

1. What other information about Margaret’s eating habits would you want to know? How would you ask these questions to gain the most insight into her lifestyle?

7. What encouragement can you give Margaret at this point in your assessment? How can you ask permission to give Margaret advice on breastfeeding her babies?

8. From what you have gathered above, what advice could you offer Margaret?

NEVADA WIC

When you have finished, write your SOAP note below.

Discussion Notes: