



Completion of Nutrition Assessment and Care Plan

NE WIC 5.31.18

Completion of Nutrition Assessment and Care Plan

- All portions of the Nutrition Interview need to be completed
- Why is this important?
 - Gives a complete picture of the participant's nutrition status
 - Gives more complete information to use to assess risks
 - Could potentially impact a participant's ability to qualify for the program
 - Provides information for follow up
 - Provides information for FNS, SA and LA Management evaluations

Portions commonly not completed

Smoking, Alcohol and Drug abuse for Breastfeeding and Postpartum moms

Do you give WIC permission to share HAKI UN's WIC information with this health care provider? ☐ Yes ☐ No

Life Style

Past Smoking

4a. In the 3 months before you were pregnant, how many cigarettes did you smoke on an average day?
(1 pack = 20 cigarettes)
Cigarettes/day

4b. In the last 3 months of your pregnancy, how many cigarettes did you smoke on an average day?
(1 pack = 20 cigarettes)
Cigarettes/day

Current Smoking

4c. How many cigarettes do you smoke on an average day now?
0 Cigarettes/day

4d. Does anyone else in your household smoke inside the home?

Past Alcohol Use

4e. In the 3 months before you were pregnant, how many alcoholic drinks (beer, wine or liquor) did you have in an average week?
Drinks/wk

4f. In the last 3 months of your pregnancy, how many alcoholic drinks (beer, wine or liquor) did you have in an average week?
Drinks/wk

Current Alcohol Use

4g. Do you currently drink alcohol? ☐ Yes ☒ No

If yes, how much and how often?

Portions commonly not completed

Social Environment:

- Remember, you can reword questions, just as long as you are assessing the situation.
- Potential language, "Is there anything that we did not discuss today, that you need help with?"

Record Dates: 05/30/2018 4 2 of 2 New Edit Delete

Health Care Provider

Do you give WIC permission to share elizabeth's WIC information with this health care provider? ☐ Yes ☐ No

Social Environment

5e. What else can I help you with?
Listen, ask, and assess for

- Abuse/neglect in the last 6 months
- Limited ability to make appropriate feeding decisions or prepare foods
- Family planning

☐ 901 - Recipient of Abuse - within past 6 months

☐ 902 - Limited Ability to make feeding decisions - woman or primary caregiver

Portions commonly not completed

Dental issues for Breastfeeding/Postpartum Mom

- This is important. Dentition impacts what mom can and cannot eat. A lot of healthy foods take quite a bit of chewing.

Portions commonly not completed

Breastfeeding/Postpartum Mom

Potential language:

- Physical activity is really important to keep you healthy, after having your baby. Once the doctor gives the ok, what are some ways that you plan to be physically active?

Portions commonly not completed

- Where you provide a consolidated report of what Mom/Parent/Caretaker said
- Provides a subjective view of participant's health
- Allows for follow up
- Helps to provide a more complete picture of participants nutrition status
- Let's evaluators know that the questions were asked
- This information goes into the Care plan



Care Plan

Complete picture of Participant's nutrition assessment on one page

Incomplete Nutrition Assessment will result in an incomplete Care Plan

The Subjective, Objective and Assessment areas have blank boxes

- You can add anything that you may remember, from the nutrition interview, that you did not type in the boxes
 - Instead of editing the nutrition interview
- Mom may say something that you want to record, while you are providing nutrition education

Category: Breastfeeding
Date of Birth: 06/04/1987 (30 y)
WIC Status: Active
Cert. End: 05/2019
Last FB: Jun 18

Care Plan - Participant
Record Date: 5/30/2018
Staff Member: XX

Links
Copy Goals

Subjective
[4/15/2018, Kim Tibbels, Previous Goals:
Breastfeed on demand after birth of baby.
05/30/2018, I [XX] on Nutrition Interview:
Has lymphoma
doing both
has cancer/cancer doctor
no regular dentist
Good appetite, eats what she wants. Likes milk during the day, water and juice. when pregnant loved pop. Not a pop drinker mom.
on vitamins plus iron pills
Client is trying to quit.
Moved back to Omaha with family/ family support
Will breastfeed after the c section meds are out of her system.

Care Plan

Counseling/Education boxes

- Provide a synopsis of the education you provided
- Put in any nutrition materials that you used that are not located in the nutrition education panel

Counseling/Education
Plan

Plan

- Area where you can expound on the plan you discussed with mom/parent/caretaker to reach her goals
- Recommendations for the next person to talk about, that you identified during the current visit, but did not discuss

Questions

