

Nutrition Risk Practice Scenarios

Complete the following scenarios individually, in pairs, or as a group.

Answer Key: The suggested discussion points are included for review at the end of this document on page 7.

The scenarios focus on the *new* questions and assigning the *new* risks – additional risks, any nutrition education topics, or referrals are not discussed in the review. However, if time allows, staff may want to explore the topics that could be offered after a complete assessment is done.

Assessing for Bariatric Surgery/Very Restrictive Diet

Have you had any recent surgeries, such as a C-section?

- (If yes) Tell me more.
- Have you ever had a surgery that effects how you eat now?
- (If yes) Tell me more.
- Have you had any recent serious injuries or burns?

Scenario 1: Meghan is a postpartum mom with a 6-week-old baby. *During the assessment, Meghan states:*

“I had lap band surgery last year, before I got pregnant; I am worried about gaining weight, so I only eat one meal a day. If I get hungry I might grab a few Cheetos- they don’t bother my stomach as much as some other foods.”

What risk(s), if any, would you select for Meghan?

Rationale?

High Risk? Yes? No?

Why/Why Not?

<p>Scenario 2: <i>Nicole is a breastfeeding mom who has a new baby. During the assessment, Nicole states:</i></p> <p><i>“I had gastric by-pass surgery several years ago. I really haven’t had any problems, but I am careful to choose foods that are good for me, and I take my prenatal vitamins every day!”</i></p>	<p>What risk(s), if any, would you select for Nicole?</p> <p>Rationale?</p> <p>High Risk? Yes? No?</p> <p>Why/Why Not?</p>
<p>Assessing for Inadequate Iodine Supplementation</p> <p>Do you take a prenatal vitamin?</p> <ul style="list-style-type: none"> • How much do you take? • (If no) Are you taking an iron supplement? • Do you take an iodine supplement? <p>What vitamins or other dietary supplements do you take?</p>	
<p>Scenario 3: <i>Manpreet is a pregnant mom and says she is having so much morning sickness that she is only able to take her prenatal vitamin at night. She has them in her purse because she spent the night at her sister’s house. The information on the label shows they have 75 mcg of iodine from pacific kelp powder and 22.5 mg of iron.</i></p>	<p>What risk(s), if any, would you select for Manpreet?</p> <p>Rationale?</p> <p>High Risk? Yes? No?</p> <p>Why/Why Not?</p>
<p>Scenario 4: <i>Maria is about 6 months pregnant she says she has been taking her prenatal vitamins regularly but doesn’t know if</i></p>	<p>What risk(s), if any, would you select for Maria?</p>

<p><i>they have iodine.</i></p>	<p>Rationale?</p> <p>High Risk? Yes? No?</p> <p>Why/Why Not?</p>
<p>Assessing for Pre-Diabetes</p> <p>We've talked about your pregnancy history, now I'm going to ask about your health in general.</p> <ul style="list-style-type: none"> • Do you have any health problems or medical conditions? <ul style="list-style-type: none"> • (If yes) Tell me more. 	
<p>Scenario 5: <i>Janelle is breastfeeding little Andrea, she is 2 months old. At the breastfeeding recertification she says she has a family history of diabetes. She was recently tested and the doctor said her blood sugar was too high and she was almost diabetic.</i></p>	<p>What risk(s), if any, would you select for Janelle?</p> <p>Rationale?</p> <p>High Risk? Yes? No?</p> <p>Why/Why Not?</p>
<p>Scenario 6: <i>Linda is breastfeeding Jo who is just a few weeks old. She had Gestational Diabetes during her pregnancy. She has been craving sweets, and knows she should not be eating so many, but in the afternoon, she feels so tired, and a cookie or two is just so easy</i></p>	<p>What risk(s), if any, would you select for Linda?</p> <p>Rationale?</p>

<p><i>to grab. She is going to ask her doctor at the 6-week check if she should have a blood sugar test.</i></p>	<p>High Risk? Yes? No?</p> <p>Why/Why Not?</p>
<p>Assessing for Prehypertension/Hypertension</p> <p>Has your doctor identified any health problems or medical conditions for your child, such as prehypertension or hypertension?</p>	
<p>Scenario 7: <i>Ellen has brought her son Adrian in for his 4-year-old recertification. She says her doctor is concerned about his weight and wants him to be more active. She wonders if she should be worried, since she took his blood pressure at her grandma’s house and it was high.</i></p>	<p>What risk(s), if any, would you select for Adrian?</p> <p>Rationale?</p> <p>High Risk? Yes? No?</p> <p>Why/Why Not?</p>
<p>Assessing for Inadequate Vitamin D Supplementation (Infant Category)</p> <p>Tell me how feeding is going.</p> <ul style="list-style-type: none"> • How do you know when your baby is hungry? When he/she is full? • How often does your baby breastfeed in 24 hours? How long does the baby nurse on each side? 	

- How much formula does your baby drink in 24 hours?
- Does your baby drink iron fortified formula?

(If drinking less than 32 ounces of formula per day) Is your baby getting a vitamin D supplement?

Scenario 8: *Julia is partially breastfeeding her son, Riley who is 6 months. During the assessment Julia states:*

“I work 6 hours a day, and so my mom gives Riley a bottle while I am gone. Sometimes he might have 2 bottles a day; it depends on how hungry he is. He might drink 16-20 ounces of formula a day. On the weekends I just breastfeed, because it’s easier! Riley’s pediatrician said I could give him a vitamin drop, but I haven’t bought them yet. ”

What risk(s), if any, would you select for Riley?

Rationale?

High Risk? Yes? No?

Why/Why Not?

Assessing for Inadequate Vitamin D Supplementation (Child Category)

Do you give vitamins or other dietary supplements to your child?

- (If yes) What and how much?
- (If no) Does your child take a Vitamin D supplement?

Scenario 9: *Sunny is a 3 year old being recertified today. Her mom, Melanie, says Sunny is a good milk drinker. Melanie states:*

“I don’t give Sunny a multi-vitamin, I really try to make sure we eat healthy foods and get outside to play, well, as much as we can in Washington!”

“I didn’t think I needed to give Sunny extra vitamin D since she drinks about 3 cups of milk each day.”

What risk(s), if any, would you select for Sunny?

Rationale?

High Risk? Yes? No?

	Why/Why Not?
<p>Scenario 10: <i>Alex is bringing his son Mannie in for his 2-year-old recertification. According to Alex, Mannie’s mom makes sure he takes “some liquid vitamin thing” every morning. He even tried it once, and he is glad Mannie likes it in his grape juice, because he didn’t think it tasted so good. Alex thinks the vitamin drop is called Poly...something...</i></p>	<p>What risk(s), if any, would you select for Mannie?</p> <p>Rationale?</p> <p>High Risk? Yes? No?</p> <p>Why/Why Not?</p>

Scenario Discussion Points

Scenario 1: Meghan is a postpartum mom with a 6-week-old baby. During the assessment, Meghan states:

“I had lap band surgery last year, before I got pregnant; I am worried about gaining weight, so I only eat one meal a day. If I get hungry I might grab a few Cheetos- they don’t bother my stomach as much as some other foods.”

What risk(s), if any, would you select for Meghan?

- **Bariatric Surgery**
- **Very Restrictive Diet**

Rationale: *Bariatric Surgery is marked when the client has had adjustable gastric banding and/or bypassing some part of the intestine. If the woman has severely restricted eating patterns then the risk “Very Restrictive Diet” would also apply.*

High Risk? Yes.

Why/Why Not?

Very Restrictive Diet is High Risk.

Scenario 2: Nicole is a breastfeeding mom who has a new baby. During the assessment, Nicole states:

“I had gastric by-pass surgery several years ago. I really haven’t had any problems, but I am careful to choose foods that are good for me, and I still take my prenatal vitamins every day!”

What risk(s), if any, would you select for Nicole?

- **Bariatric Surgery**

Rationale: *Bariatric Surgery is marked when the client has had adjustable gastric banding and/or bypassing some part of the intestine.*

High Risk? No.

	<p>Why/Why Not?</p> <p><i>Bariatric Surgery is not High Risk and Nicole states she is not having any problems related to the surgery and based on her statement; there is not a reason to mark Very Restricted Diet.</i></p>
<p>Scenario 3: <i>Manpreet is a pregnant mom and says she is having so much morning sickness that she is only able to take her prenatal vitamin at night. She has them in her purse because she spent the night at her sister's house. The information on the label shows they have 75 mcg of iodine from pacific kelp powder and 22.5 mg of iron.</i></p>	<p>What risk(s), if any, would you select for Manpreet?</p> <ul style="list-style-type: none"> • <i>Inadequate Iodine Supplementation (<150mcg)</i> • <i>Inadequate Iron Supplementation (<27 mg)</i> <p>Rationale: <i>The American Thyroid Association recommends that women receive prenatal vitamins containing 150 mcg of iodine per day as a pregnant or breastfeeding woman. Since Manpreet had her vitamins with her, we could quickly determine that this brand had half the recommended amount of iodine and less than the new recommended amount of iron (27 mg vs. the previous amount of 30 mg).</i></p> <p>High Risk <i>No.</i></p> <p>Why/Why Not?</p> <p><i>These risks are not High Risk.</i></p>

<p>Scenario 4: <i>Maria is about 6 months pregnant she says she has been taking her prenatal vitamins regularly but doesn't know if they have iodine.</i></p>	<p>What risk(s), if any, would you select for Maria?</p> <ul style="list-style-type: none"> • <i>No risk is marked.</i> <p>Rationale: <i>Since Nicole does not know if her vitamins have iodine, we <u>would not</u> mark this risk. The risk is only marked when the client is able to tell us the amount of iodine is less than 150 mcg. The same is true for iron, the amount of iron for this risk has changed from less than 30 mg to less than 27 mg; however, unless the client knows for certain the amount in her vitamin, we cannot determine this to be a risk.</i></p> <p>High Risk <i>No.</i></p> <p>Why/Why Not?</p> <p><i>These risks are not High Risk.</i></p>
<p>Scenario 5: <i>Janelle is breastfeeding little Andrea, she is 2 months old. At the breastfeeding recertification she says she has a family history of diabetes. She was recently tested and the doctor said her blood sugar was too high and she was almost diabetic.</i></p>	<p>What risk(s), if any, would you select for Janelle?</p> <ul style="list-style-type: none"> • <i>Pre-Diabetes</i> <p>Rationale: <i>Because Janelle is saying her medical provider has told her she has high blood sugar, but not high enough for diabetes, Pre-Diabetes is marked.</i></p> <p>High Risk <i>Yes.</i></p>

	<p>Why/Why Not?</p> <p><i>Pre-Diabetes is a High Risk factor for both Breastfeeding and Postpartum women.</i></p>
<p>Scenario 6: <i>Linda is breastfeeding Jo who is just a few weeks old. She had Gestational Diabetes during her pregnancy. She has been craving sweets, and knows she should not be eating so many, but in the afternoon, she feels so tired, and a cookie or two is just so easy to grab. She is going to ask her doctor at the 6-week check if she should have a blood sugar test.</i></p>	<p>What risk(s), if any, would you select for Linda?</p> <ul style="list-style-type: none"> • <i>Gestational Diabetes (Hx)</i> <p>Rationale: <i>Because Linda had Gestational Diabetes during her pregnancy, we <u>would</u> mark Gestational Diabetes (HX). Since a medical provider has not diagnosed Linda with Pre-Diabetes, we <u>would not</u> mark the risk Pre-Diabetes. It may seem that she has other indicators, but without testing and the diagnosis, the risk is not marked.</i></p> <p>High Risk <i>No.</i></p> <p>Why/Why Not?</p> <p><i>Gestational Diabetes (Hx) is not High Risk and Pre-Diabetes is not a risk factor for Linda.</i></p>
<p>Scenario 7: <i>Ellen has brought her son Adrian in for his 4-year-old recertification. She says her doctor is concerned about his weight and wants him to be more active. She wonders if she should be worried, since she took his blood pressure at her grandma’s house and it was high.</i></p>	<p>What risk(s), if any, would you select for Adrian?</p> <ul style="list-style-type: none"> • <i>No risk is marked.</i> <p>Rationale: <i>Because a medical provider has not diagnosed Adrian, we would not mark the risk Prehypertension. Even though Adrian’s blood</i></p>

<p>Note: Even though no risk is marked, staff <u>would</u> want to make a referral to the health care provider for further assessment.</p>	<p><i>pressure tested high at her grandma’s house a medical professional did not diagnose Prehypertension (or Hypertension).</i></p> <p>High Risk No.</p> <p>Why/Why Not?</p> <p><i>No risk factor is present at this time.</i></p>
<p>Scenario 8: Julia is partially breastfeeding her son, Riley who is 6 months. During the assessment Julia states:</p> <p><i>“I work 6 hours a day, and so my mom gives Riley a bottle while I am gone. Sometimes he might have 2 bottles a day; it depends on how hungry he is. He might drink 16-20 ounces of formula a day. On the weekends I just breastfeed, because it’s easier! Riley’s pediatrician said I could give him a vitamin drop, but I haven’t bought them yet.”</i></p>	<p>What risk(s), if any, would you select for Riley?</p> <ul style="list-style-type: none"> • <i>Inadequate Vitamin D Supplementation (<400 IU).</i> <p>Rationale: <i>Riley is partially breastfeed and drinking less than 32 ounces of formula a day and he is not taking a vitamin drop.</i></p> <p>High Risk No.</p> <p>Why/Why Not?</p> <p><i>This risk is not a High Risk factor.</i></p>
<p>Scenario 9: Sunny is a 3 year old being recertified today. Her mom, Melanie, says Sunny is a good milk drinker. Melanie states:</p> <p><i>“I don’t give Sunny a multi-vitamin, I really try to make sure we eat healthy foods and get outside to play, well, as much as we can in Washington!”</i></p> <p><i>“I didn’t think I needed to give Sunny extra vitamin D since she drinks about 3 cups of milk each day.”</i></p>	<p>What risk(s), if any, would you select for Sunny?</p> <ul style="list-style-type: none"> • <i>Inadequate Vitamin D Supplementation (<400 IU).</i> <p>Rationale: <i>Sunny is not taking a multi-vitamin at this time. Even though she has a seemingly good intake of milk, we would still mark the</i></p>

<p>Note: 1 cup of milk contains 100 IU's of vitamin D and the American Academy of Pediatrics recommends children have 400 IU's per day. There is no harm in children drinking milk and taking a multivitamin or vitamin D supplement.</p>	<p><i>risk since it is less than 32 ounces per day. We would <u>not</u> assess her diet for vitamin D containing foods; however, since Melanie <u>mentioned</u> that Sunny drinks 3 cups of milk <u>each</u> day we can quickly see that 24 ounces is less than 32 ounces per day and so additional vitamin D is recommended.</i></p> <p>High Risk No.</p> <p>Why/Why Not?</p> <p><i>This risk is not a High Risk factor.</i></p>
<p>Scenario 10: Alex is bringing his son Mannie in for his 2-year-old recertification. According to Alex, Mannie's mom makes sure he takes "some liquid vitamin thing" every morning. He even tried it once, and he is glad Mannie likes it in his grape juice, because he didn't think it tasted so good. Alex thinks the vitamin drop is called Poly...something...</p>	<p>What risk(s), if any, would you select for Mannie?</p> <ul style="list-style-type: none"> • None <p>Rationale: <i>It sounds like Mannie is getting a regular multi-vitamin drop each day; and we can assume the vitamin drops contain the recommended amount of Vitamin D.</i></p> <p>High Risk No.</p> <p>Why/Why Not?</p> <p><i>This risk is not a High Risk factor.</i></p>



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