I-WIC Assessment Guide: Postpartum Woman

The following guidance is to assist a CPA in using a participant-centered (PC) approach during the category specific WIC assessment. CPAs should be familiar with the I-WIC screens to know some questions collect specific data and others the CPA should ask open-ended questions to engage the participant, rather than reading each question from the I-WIC screens.

Setting the Stage & Explaining the WICVisit

- Establish rapport and individualize the visit to participant (i.e. address by name, if acceptable; ask about past experiences/knowledge; cultural practices; etc.). Explain to participant what to expect during WIC visit, time of visit, and why information is collected, possible explanation:
 "Thank you for coming into WIC today; this visit will take about (time). By participating in WIC, we will ask questions and gather information to get a better understanding of your overall nutrition and lifestyle practices. To start with we will complete a nutrition assessment, this includes: collecting measurements, checking the iron in your blood, and discussing your eating and physical activity habits. Following, we can talk about some ideas to keep you healthy, how to use your WIC foods, and if there are community resources that may benefit you/your family, I will share those with you."
- Possible conversation starter questions:
 - "Tell me how you are feeling after your pregnancy and what can WIChelp you with today?"
 - "What have you noticed or what has changed for you, since you are no longer pregnant?"

Note: For Postpartum woman, at the Cert Action screen, after 'Add' a pop-up box will ask if the participant is pregnant—CPA must select 'Cancel' to initiate a Postpartum certification as well as enabling the appropriate postpartum related data fields (i.e. LMP, EDD, etc.). Note: Breastfeeding status pop-up screen allows CPA to check box if woman had prenatal loss; this disables the remaining fields.

I-WIC Lab – Postpartum Woman



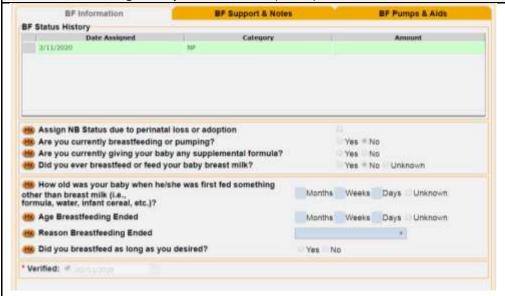
Postpartum Woman Anthropometric screen:

Add Anthropometric, Prenatal & Bloodwork Data, per system requirements.

Note: Postpartum women do not have button/screen for BMI or Prenatal Weight Gain chart. CPA may still ask general question(s) about how she is feeling about prenatal weight gain/desired weight changes, such as:

- "How do you feel about your weight changes since pregnant?"
- "Would there be a weight you would feel most comfortable at and if not your current weight, was this a weight you had been at in the past?"

I-WIC Breastfeeding – Postpartum Woman (3 tabs)



Breastfeeding page & the Postpartum Woman: BF Information Tab:

Postpartum certification (new applicant), fields autofill from BF status pop up from entry on the Cert Action screen.

BF Support & Notes Tab: (no screen shot)

Document any Breastfeeding Contacts, Referrals, & Notes, if applicable. Refer to *NPS: Documenting in WICMIS* for guidance.

BF Pumps & Aids Tab: (no screen shot)

Does not apply to Postpartum woman.

I-WIC Health - Postpartum Woman (Pregnancy Information Tab - 3 pages)



Page 1, Quest. #1: Review the possible responses, asking a broad question to get her to share more information, for example:

- "If you would be alright with you, I would like to start by asking about your most recent and any past pregnancies? (asking permission) Please let me share this list of possible feelings and then tell me any of those that you are feeling since your pregnancy ended?"
- "What other feelings, concerns, or questions do you have today?"

Quest. # 2: If first pregnancy (yes), questions 2 and 3 are disabled.

Quest. #3: You may ask more open-ended question to allow her to share and have a conversation about her most recent pregnancy:

"Tell me about this most recent pregnancy regarding if you were full term or preterm, C-section, what size was the baby, did you have any pregnancy related medical issues or any with the baby?"



Page 2 & 3, Quest. #4-10: Information related to tobacco, alcohol and substance abuse. These are all data collection/close-ended questions, so sharing what you will be asking, prior to asking these, she may be more receptive to sharing her current habits, such as:

 "This last series of health questions is about the use of any tobacco, alcohol, or other substances; these are mainly yes, no or a number response. Please know this is confidential and we ask this to see if there is any education or referrals to offer you and your family."

I-WIC Health - Postpartum Woman (Health Information Tab, 2 pages) Pregnancy Information Health info. Quest. 1; consider if this may have been answered Health Information when asked under Pregnancy info. #5 - doctor's concerns, ask * 1. Do you have any health or medical issues? Yes * No Details accordingly: * 2. Do you regularly take any medications? " If yes, please select • "Any medical conditions you haven't mentioned yet or Hormones: Growth, Sterold, Other Antigout food allergies?" If yes, click on 'Details' to select Insulin/Antidiabetic Blood Formation/Coagulation condition(s) and food intolerance/allergy. Cardiac/Blood Pressure/Lipid Thyroid/Antithyroid • "How did your doctor say to manage this condition and Other: Digestive Enzymes did you need to change your diet or eating?" Diuretic (Quest. # 2 if confirm medically diagnosed food allergy or * 3. Do you have any food related allergies? ■ Yes ≥ No. lactose intolerance; CPA should modify foods benefits prior " If yes, please select: Milk (Lactose Intolerant) Egg Soy Fish Tree outs to issuance as needed) Milk (Allergy) Peanut Wheat Shellfish Other "Do you have access to dental care and any current dental . 4. Do you have access to dental care? Yes No problems?" * 5. Do you have any dental problems? Yes No. " If yes, please select: Gingivitis Oral Condition which impairs Eating (tooth loss/ineffectively replaced teeth/oral infections) Periodontal Disease Tooth Decay Page 2: Page 2: Pregnancy Information Health Information • "Of the following, supplements, what are you taking and * 6. Do you take any of the following? how often: Prenatal, vitamins/minerals or any herbs, * Excessive? Yes No supplements or using home remedies for anything?" * Herbs, Supplements or Remedies ☐ Yes ≥ No. • "Share if you are eating any non-food items, like cornstarch or excess amounts of ice or frost, on a regular * 7. Are you regularly eating any non-food items? m * If yes, please select: basis?" Large amounts of ice Ashes Clay Baby powder Cornstarch Other Baking soda Dirt

I-WIC Nutrition - Postpartum Woman (3 pages) 1. How do you feel about your appetite? okay * 2. What milk do you drink most often? Fat-free/skim cow's or lactose free ≥ Low-fat/1% cow's or lactose free Reduced fat/2% cow's or lactose free Whole cow's or lactose free Goat/sheep's milk Homemade mixtures/hon-dairy creamer Nut milks Rice beverages Soy beverages (fortified) Soy beverage (unfortified) Canned evaporated or sweetened condensed milk 3. Do you regularly drink any of the following? Beer, wine or drinks with alcohol | Coffee or tea. ₩ Diet sode 100% fruit juice Soda, fruit/sports drinks or sweetened tea. * Water □ Other 4. Do you eat these foods every day? WYes I No. ₩ Yes II No * Vegetables Yes No * Whole grains

Nutrition, page 1, Quest. 1-4:

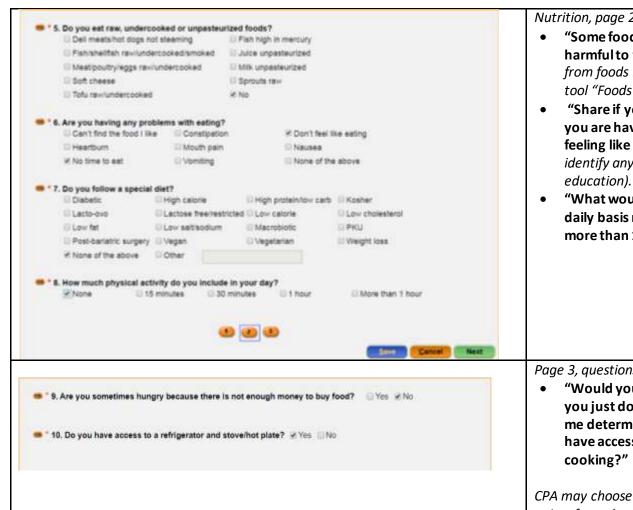
- "Since you are no longer pregnant, how do you feel about your appetite?" (Document brief response in text field)
- "Let's first talk about what you like to drink; what kind of milk do you drink most often?" "In addition to milk, what else do you drink on a regular basis?" (may need to clarify/read choices, if needed)

Prior to question # 4, CPA may ask open ended questions to inquire about eating habits or start by asking question # 4 then probe further about other eating habits. Asking about eating habits in general can assist in identifying individualized counseling/education needs related to diet/nutrition. The following are some examples of possible questions about eating habits and addressing # 4:

- "So that was what you like to drink, now let's talk about mealtimes and what you like to eat." questions, such as:
- "What times of the day do you usually eat? Would you say you eat at regular mealtimes and is it with anyone else (family)?" (3 meal & snacks?)
- "Give me an idea of what are some of the foods you are eating?
 So of the following foods, do you eat every day, yes or no:
 Fruits? Vegetables? Whole Grains?"

Affirmation or Reflection on responses, such as:

- "It sounds like you are making good nutrition choices for yourself."
- "You sound like you are struggling with _____ (any issue identified/concerned about) since you are no longer pregnant."
- "You would like to be better about _____ (desired feeding skill or habit identified that she wants to change)." (reflected Change talk)



Nutrition, page 2, Quest. 5-8:

- "Some foods are at risk for hidden bacteria that can be harmful to you. Let me ask if you eat any of these foods (ask from foods listed)?" CPA may also use Food Safety Desktop tool "Foods with hidden bacteria")
- "Share if you follow a special diet and if you currently feel you are having problems with eating; like heartburn, not feeling like eating or not time to eat?" (probe further to identify any issues to possibly discuss during counseling and
- "What would you say describes your physical activity on a daily basis right now: None, 15 or 30 minutes, 1 hour or more than 1 hour every day?"

Page 3, questions 9-10:

• "Would you say there are times when you are hungry and you just don't have the money to buy food? In order to help me determine which WIC foods to offer you, do you currently have access to refrigeration and a stove/hot plate for

CPA may choose to Reflect and/or Summarize, highlighting any key points from the assessment.



Nutrition Risk screen is for the CPA to review following assessment to:

- 1) confirm all risks generated/appropriately assigned. If any risks listed should have not been generated, CPA can select the risk row and 'Reason' button to display a pop-up box to show screen/field risk generated from and CPA can go back and correct data if needed. CPA may use the 'Risk Help' button to open/view the Illinois I-WIC Nutrition Risk Criteria document as needed.
- 2) add any manually assigned risk(s); options for Postpartum Woman category:
 - Foster Care (risk 903) either transitioned into foster care or moved from one foster care home to another in the past 6 months
- 3) If no risks generated from assessment and no manually assigned risks, for a Postpartum Woman, the Presumptive Eligibility risk Failure to Meet Dietary Guidelines (risk 401) should system generate. If add a manual risk, the Presumptive risk will stay on screen as it cannot be removed.

CPA will continue follow the I-WIC "Guided Script" for remaining screens to complete the Postpartum Woman Certification.

Upon completing assessment, before education, the CPA may Summarize key points from assessment to highlight any 'change talk', participant's concern(s), and/or include any behavior change opportunities that CPA identified to move onto Education.