

Charting Practices in WIC ADP

Charting Notes should document:

- **Health Status Indicators**
 - BMI %tile
 - Hemoglobin level

- **Concern of Mother / Readiness to Change**
 - Action (ready to make behavioral changes)
 - Concerned, but not yet ready to act
 - Not concerned about health risk identified by nutritionist

- **Behaviors** related to body weight:
 - Eat fruit and vegetable
 - Choose healthy beverages
 - Play together as a family
 - Watch less television
 - Enjoy family meals
 - Offer child size portions
 - Eat a healthy breakfast

- **Tools** useful in addressing behaviors:
 - Food Frequency
 - MyPyramid
 - Iron Fact Sheet
 - Portion Distortion
 - WIC Fit Kids flip chart

- **Success or Barriers:** nutritionist's assessment of progress and/or barriers encountered in the interview.

See the above notes pertaining to the items in parenthesis

Issue	Documentation
BMI @ 85-95 th %	Child is overweight, mother (in action, concerned, not concerned at this time. Discussed (behavior) and used (tool) with (success or barriers).
BMI >95 th %	Child is obese, mother (in action, concerned, not concerned) at this time. Discussed (behavior) and used (tool) with (success or barriers). Referred to PCP for further follow up.
BMI >85 th % c medical complication	Child is obese c asthma on nebulizer q pm (or other medical complication), mother (in action, concerned, not concerned) at this time. Discussed (behavior) and used (tool) with (success or barriers). Referred to PCP for further follow up.
Goal Setting	(Met/Did not meet) previous goal r/t (success or barriers).

Commonly Used Notations	Approved Abbreviation
Action	axn
Beverages	bev
Bowel Movement	BM
Breakfast	Bkft
Breastfeed (ing/er)	BF
Calcium	ca
Client states	c/s
Concerned	cnc
Continue	cont
Diagnosis	dx
Discussed	dc
Due to	d/t
Eat less	eat <
Eat more	eat >
Encourage (d)	enc
Enfamil	Enf
Enfamil with Iron	Enf c Fe
Every	q
Family Meals	fam meals
Fruit	fru
Fruit and Vegetable	f/v
Hemoglobin	hgb
History	hx
Infant	inf
Instruction	instr
Introduce	intro
Iron	Fe
Juice	jc
Low Fat Milk	LF Milk
Month	mo
Motivational Interview	MI
Nutrition	nutr
Not Concerned	no cnc
Obese	Ob
Open-ended Question	OEQ
Ounce	oz
Overweight	OW
Per day	/d
Physical Activity	PA
Postpartum	PP
Pound	lb
Pregnancy	preg
Prenatal Vitamin	pnv
Prescription	Rx
Reflection	rfl
Related to	r/t
Report Card/Action Plan	ReCap
Rescheduled	r/s
Risk Factor	RF
Television	TV
Times per day	x/d
Vegetable	veg
Vitamin	vit
Whole Milk	W Milk
With	c or w/
Year old	yr