

Case Study Worksheet- Avery

Follow Steps in the NM WIC Counseling Flow Chart

Step 1: Measure

Avery is a 3 year old White female whose parents are married and father is in college and works at night and mother works part time from home. Mother is breastfeeding a 6 month old. They live in a small apartment and Avery goes to preschool 2 days a week.

Avery is 38 lbs. and 37 in., BMI is 19.5 and BMI % is >99th%. Her previous BMI %'s were above the 95th% as well.

Step 2: Review Results

Tools: Nutrition Activity Self History (NASH) Form
Child Health Report Card (ReCAP)
BMI Poster

1. Affirm positive behaviors

(Write down positive behaviors that could be affirmed)

- a. _____
- b. _____

2. Discuss risk areas

(Write down behaviors of potential concern that might be discussed)

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

Step 3: Assess

Tools: Talking Tips chart
Flip chart

1. Assess topics of interest and concern
 2. Determine if client is in Action, Preparation or Pre-contemplation stage
- Question: How would you determine readiness to change?

(For this case study, assume Avery's mother is in Action)

Step 4. Counsel

Tools: NASH

Talk Tips chart

Flip Chart

1. Use MI
2. Affirm positive behaviors
3. Ask permission to discuss child-related concerns or health risks
4. Indicate the tools that you would use in counseling:

Step 5. Set Goal & Follow-up Plan

Tools: Talk Tips chart

ReCap

1. Identify risk or health issues that would cause maternal concern
2. What goal would you set for Avery?

Step 6. Chart Notes

Tools: Charting Guide

1. Write down the charting note that you would write for this interview

Case Study Worksheet- Jacob

Follow Steps in the *NM WIC Counseling Flow Chart*

Step 1: Measure

Jacob is a 2 ½ year old Hispanic boy who is an only child to a single 19 year old mother. The two live with Jacob's grandmother and extended family in a small house. Jacob's grandmother is the primary caregiver during the day due to the mother working at Wal-Mart most days.

Jacob is 29 lbs. and 34 in. for a BMI of 18 at the 85th % for age and hemoglobin is 11.9 mg/dL. His previous BMI % at 2 yr old was 80th %.

Step 2: Review Results

Tools: Nutrition Activity Self History (NASH) Form
Child Health Report Card (ReCAP)
BMI Poster

1. Affirm positive behaviors

(Write down positive behaviors that could be affirmed)

- a. _____
- b. _____

2. Discuss risk areas

(Write down behaviors of potential concern that might be discussed)

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

Step 3: Assess

Tools: Talking Tips chart
Flip chart

- 1. Assess topics of interest and concern
- 2. Determine if client is in Action, Preparation or Pre-contemplation stage
Question: How would you determine readiness to change?

(For this case study, assume Jacob's mother is in Pre-contemplation)

Step 4. Counsel

Tools: NASH

Talk Tips chart

Flip Chart

1. Use MI
2. Affirm positive behaviors
3. Ask permission to discuss child-related concerns or health risks
4. Indicate the tools that you would use in counseling:

Step 5. Set Goal & Follow-up Plan

Tools: Talk Tips chart

ReCap

1. Identify risk or health issues that would cause maternal concern
2. What goal would you set for Jacob?

Step 6. Chart Notes

Tools: Charting Guide

1. Write down the charting note that you would write for this interview

Case Study Worksheet- Lucy

Follow Steps from the NM WIC Counseling Flow Chart

Step 1: Measure

Lucy is a 4-year-old female being seen for her WIC certification appointment. Previously gathered information shows that parents emigrated from Mexico 5 years ago. Family consists of both parents and 2 other children ages 7 years and 10 years and they live in an apartment building. Mom is currently 6 months pregnant with fourth child.

Height is measured at 38.5 in. Weight is 37 lb. BMI is 17.5 and falls at approximately the 90th percentile.

Step 2: Review Results

Tools: Nutrition Activity Self History (NASH) Form
Child Health Report Card (ReCAP)
BMI Poster

1. Affirm positive behaviors

(Write down positive behaviors that could be affirmed)

- a. _____
- b. _____

2. Discuss risk areas

(Write down behaviors of potential concern that might be discussed)

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

Step 3: Assess

Tools: Talking Tips chart
Flip chart

1. Assess topics of interest and concern

2. Determine if client is in Action, Preparation or Pre-contemplation stage

Question: How would you determine readiness to change?

(For this case study, assume Lucy's mother is in Preparation)

Step 4. Counsel

Tools: NASH

Talk Tips chart

Flip Chart

1. Use MI
2. Affirm positive behaviors
3. Ask permission to discuss child-related concerns or health risks
4. Indicate the tools that you would use in counseling:

Step 5. Set Goal & Follow-up Plan

Tools: Talk Tips chart

ReCap

1. Identify risk or health issues that would cause maternal concern
2. What goal would you set for Lucy?

Step 6. Chart Notes

Tools: Charting Guide

1. Write down the charting note that you would write for this interview

Case Study Worksheet- Annie

Follow steps from the NM WIC Counseling Flow Chart.

Step 1: Measure

Annie is a 3 year, 3 month old who lives with her mom and grandma helps out with her while her mother is at work.

Height is measured at 39 in. Weight is 38 lb. BMI is 17.5 and falls at approximately the 91st percentile. Her previous visit, Annie was at the 89th percentile.

Step 2: Review Results

Tools: Nutrition Activity Self History (NASH) Form
Child Health Report Card Action Plan (ReCAP)
BMI Poster

1. Affirm positive behaviors
(Write down positive behaviors that could be affirmed from NASH)
 - a. _____
 - b. _____

2. Discuss risk areas
(Write down behaviors of potential concern that might be discussed)
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____

Step 3: Assess

Tools: Talking Tips chart
Flip chart

1. Assess topics of interest and concern
2. Determine if client is in Action, Preparation or Pre-contemplation stage
Question: How would you determine readiness to change?

(For this case study, assume Annie's mother is in Preparation)

Step 4. Counsel

Tools: NASH

Talk Tips chart

Flip Chart

1. Use MI
2. Affirm positive behaviors
3. Ask permission to discuss child-related concerns or health risks
4. Indicate the tools that you would use in counseling:

Step 5. Set Goal & Follow-up Plan

Tools: Talk Tips chart

ReCap

1. Identify risk or health issues that would cause maternal concern
2. What goal would you set for Lucy?

Step 6. Chart Notes

Tools: Charting Guide

1. Write down the charting note that you would write for this interview
