

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
