

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
