

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
