

Nutrition Education Module Discussion Guide

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Directions

This Discussion Guide accompanies the Minnesota WIC Program Nutrition Education Module. The activities of the Guide will enhance the new CPA's understanding of Nutrition Education procedures and expectations. After reviewing the Nutrition Education Module, the CPA should complete the following activities.

Activity #1: Learn about your local agency Nutrition Education procedures.

Review the following items with your Training Preceptor:

- The local agency Nutrition Education Plan.
- What are the agency's procedures for providing education for infants and children at a rate equal to quarterly?
- What are the agency's procedures for providing education for breastfeeding women?
 - When is the midcertification appointment for breastfeeding women completed?
- Discuss the local agency's High-Risk Procedures:
 - Who provides high risk education and follow-up?
 - What is your role with serving participants with high-risk conditions? (You will receive additional training if you will be providing high risk care.)
 - How is high risk care provided and tracked in the agency?
- What are the agency's procedures for providing additional education for low-risk participants?
 - Who provides the education?
 - Does the agency use any delivery methods other than individual contacts?
- What are the agency's procedures for providing the following required content?
 - Drug/Harmful Substance Abuse education, resource listing and referral. Review the written educational materials and resource listing for this requirement.
 - Breastfeeding promotion
 - Postpartum exit counseling
 - Medical Assistance eligibility. How does your agency refer participants to medical assistance?

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- What are the agency's procedures for documenting? Consider the following:
 - Initial contacts?
 - Additional education contacts?
 - High risk (if applicable to your responsibilities)?

Activity #2 Learn about Nutrition Education in your agency by observing other CPAs.

Complete the following observation activities. After the appointments, discuss your observations/questions with your Training Preceptor.

- Observe a CPA completing a certification. Consider the following:
 - How did the CPA use the assessment information to prioritize nutrition education?
 - How was the assessment information synthesized with the participant's interests and concerns to individualize the contact?
 - If the participant met the requirements for receiving drug/harmful substance abuse information, how did the CPA introduce the subject and provide the information?
 - What counseling techniques or skills did the CPA use to engage the participant and make the appointment interactive?
 - How did the CPA encourage behavioral change?
 - Were written materials (if used) discussed and made relevant to the participant?
 - Was a plan determined for the next educational contact?
- Observe a CPA doing an additional education contact. Consider the following:
 - How did the CPA follow up on nutrition concerns identified at the last certification/midcertification?
 - How did the CPA encourage behavioral change?

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