

Training Tool for Postpartum Woman Assessment Questions

JULY 2014

A: 100's Anthropometric

- Height/weight, %tiles
- Anything related to weight gain, loss, growth

Questions and Purpose/Risk Code

- What has your doctor said about your weight? (If applicable)
 - Helps determine what other health care practitioners have discussed
- What are your thoughts on your weight? PROBE for participant's feelings on weight change.
 - Helps understand participant's attitude about her weight and her weight gain/loss
 - May provide direction of counseling regarding weight changes

B: 200's Biochemical

- Blood tests
- Anything related to blood- anemia, lead

Questions and Purpose/Risk Code

- (If low hgb) What has your doctor said about your iron?
 - Helps determine if participant has been diagnosed with anemia or has had low iron in the past
 - Provides opportunity to reinforce information or treatment given by MD
- (If low hgb) What do you know about anemia?
 - Provides opportunity to build upon understanding that participant already has about anemia

C: 300's Clinical

- Health/Medical Conditions
- Anything related to medical history, medical conditions, MD access

Questions and Purpose/Risk Code

- Do you have any concerns in regards to your health?
 - Participant can discuss any health concerns that may be important at that time
 - May indicate participant's concern and may influence direction of counseling
- Do you have any medical or nutrition conditions that you are currently being treated for, such as food allergies, lactose intolerance, weight loss surgery, diabetes, or hypertension?
 - Helps you discuss postnatal health care
 - Helps determine risk code assignment for medical risk conditions
 - Risk codes 342, 343, 345, 353, 358, 359, others possible depending on medical condition
- What medications are you currently taking?
 - Helps assess potential for drug-nutrient interactions
 - Risk code 357 may apply
 - May provide opportunity for participant to share health status if not responding to previous question
- Are you experiencing depression? Has a healthcare provider suggested treatment for depression for you?
 - Helps to determine if participant is eligible for risk code
 - Risk code 361 may apply
 - Helps determine if participant needs referral to health care provider for further assessment
- Do you use any street drugs? (Asking this when asking about smoking/alcohol use seems to flow nicely)
 - Helps determine if participant is eligible for risk code
 - Helps determine if participant needs referrals
 - Risk codes 372 or 901 may apply

D: 400's Diet and Nutrition

Questions and Purpose/Risk Code

- What makes you the happiest about your eating?
 - Provides opportunity to explore challenges and support successes
 - Helps you to encourage healthy eating practices
- How is your appetite?
 - May indicate possible stress in participant's life
 - May provide opportunity to discuss eating strategies while caring/nursing baby
- What vitamins or supplements are you taking?
 - Find out whether participant is taking appropriate supplements

- Can lead to nutrition education about food as source of vitamins and minerals
 - Refer to MD if excessive medications or herbal supplements/teas
 - Evaluate herbal remedies for potential harmful effects on infant
 - Risk codes 427D and/or 427A may apply
- Are you following a special diet or have any diet restrictions?
 - Could affect intake of different food groups
 - Could show food allergies, possible eating disorder
 - May need to refer for high risk follow-up
 - May need to refer to food shelf or food stamps if needed
 - Risk Code 427B may apply
- What are you doing to improve your health?
 - Helps determine what participant is interested in and/or trying to change
 - Helps develop counseling direction
- What have you heard about breastfeeding?
 - Provides an opportunity for participant to ask about concerns not covered when assessing breastfed infant's diet
 - Risk code 602 may apply if complications identified

E: 900's Environmental/Other Factors

Questions and Purpose/Risk Code

- Are there times when anyone makes you feel unsafe?
 - Give appropriate referrals
 - Determine if your local agency requires mandatory reporting
 - Risk code 901 may apply
- Do you feel your family could use support from other programs for housing or food at this time?
 - Helps to show food security or insecurity
 - May indicate need for referrals
- What are some physical activities that you enjoy?
 - An active lifestyle is important for overall health
 - Regular activity (Ok from MD) is part of a healthy lifestyle

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