February 2020 Webinar for Kansas WIC Staff: Top 5 Management Evaluation Nutrition Issues

Which nutrition issue do you think is the most common?
1. Breastpump Issuance Follow-Up
2. Flowsheets
3. Risk Factors
4. Birth Data Recorded

Missing and Improperly Assigned Risk Factors was the #1 Nutrition Issue found over the past 2 years, affecting 28 agencies!

Top Nutrition Issues

<table>
<thead>
<tr>
<th>2018-2019 Top Nutrition Issues</th>
<th># Agencies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Risk Factors</td>
<td>28</td>
</tr>
<tr>
<td>Flowsheets</td>
<td>21</td>
</tr>
<tr>
<td>ATOD Information</td>
<td>19</td>
</tr>
<tr>
<td>Secondary Nutrition Education</td>
<td>19</td>
</tr>
<tr>
<td>Formula Returns</td>
<td>18</td>
</tr>
<tr>
<td>Breast Pump Issuance</td>
<td>16</td>
</tr>
<tr>
<td>Special Formula Authorization</td>
<td>8</td>
</tr>
<tr>
<td>ATOD Screening &amp; Referral</td>
<td>7</td>
</tr>
<tr>
<td>Health Interview Information</td>
<td>7</td>
</tr>
<tr>
<td>Client Goals</td>
<td>5</td>
</tr>
<tr>
<td>Anthropometrics</td>
<td>4</td>
</tr>
</tbody>
</table>
Today we’re going to cover the Top 4 issues found and add a new one that could quickly rise to the top:

1. Risk Factors
2. Flowsheets
3. ATOD Information
4. Secondary Nutrition Education
5. “Exit” Counseling (new!)

#1: Risk Factors

Which risk factors were missed most often?

1. Consuming/Feeding Foods that Could be Contaminated
2. Inadequate Vitamin/Mineral Supplementation
3. Feeding Sugar-Containing Fluids
5. Inappropriate Use of Bottles or Cups
6. Inappropriate Handling of Formula or Breast Milk

TIP for all risk factors: Write on the Diet Questionnaire!

### Consuming/Feeding Foods that Could be Contaminated

Feeding Foods that Could be Contaminated

- Unpasteurized fruit or vegetable juices
- Unpasteurized dairy products or soft cheeses such as feta, Brie, Camembert, blue-veined, and Mexican-style cheese
- Raw or undercooked meat, fish, poultry, or eggs
- Raw-vegetable sprouts (alfalfa, clover, bean, and radish)
- Deli meats, hot dogs, and processed meats (avoid unless heated until steaming hot)
Inadequate Vitamin/Mineral Supplementation

- Routinely not providing vitamin/mineral supplements as recognized as essential by national public health policy when a child’s diet alone cannot meet nutrient requirements. Such as:
  - Providing children under 36 months of age less than 0.28 mg of fluoride daily when the water supply contains less than 0.3 ppm fluoride and
  - Providing children 36-60 months of age less than 0.50 mg of fluoride daily when the water supply contains less than 0.3 ppm fluoride.
  - Not providing 400 IU of vitamin D if a child consumes less than 1 quart of vitamin D fortified milk or formula.

Make sure your entry for vitamins/minerals on the Health Interview screen matches what is on the Diet Questionnaire!

Feeding Practices Disregarding Developmental Needs

- Routinely using feeding practices that disregarded the developmental needs or stages of the child, such as:
  - Not supporting a child’s feeding practices that disregard the child’s own hunger and satiety (e.g., forcing a child to eat a certain type and/or amount of food or beverages or ignoring a hungry child’s requests for appropriate foods);
  - Feeding foods of inappropriate consistency, size, or shape that put children at risk of choking;
  - Not providing foods of appropriate consistency, size, or shape that put children at risk of choking;
  - Not providing vitamin D supplements for children who are not taking vitamin D fortified milk or formula.

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Inappropriate Use of Bottles or Cups

- Routinely using nursing bottles, caps or pacifiers improperly. Including:
  - Using a bottle to feed;
  - With juice, or
  - Diluted cereal or other solid foods;
  - Allowing the child to fall asleep or be put to bed with a bottle at any age;
  - Allowing the child to use the bottle without restriction (e.g., walking around with a bottle or as a pacifier);
  - Using a bottle for feeding or drinking beyond 14 months of age;
  - Using a pacifier dipped in sweet agents such as sugar, honey, or syrup; and
  - Allowing a child to carry around and drink throughout the day from a cup.

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Inappropriately Assigned Risk Factors

1. Assumed Risk for Infants & Children between 4-24 months old (added during mid-cert or used in combination with other RFs or used by itself but did not assign other applicable RFs as found on DQ)

2. Inadequate Vitamin/Mineral Supplementation (not if drinking 1 quart milk/d or taking supplement)

3. Gastrointestinal disorders (constipation doesn’t count)

4. Potential BF complications (not appropriate reason for category)

Assumed Risk

A child greater than or equal to two (2) years of age who meets the income and residential eligibility requirements may be presumed to be at nutrition risk based on failure to meet Dietary Guidelines after the Kansas WIC Program Child Diet Questionnaire has been assessed and no other risk factors are identified. For this criterion, failure to meet Dietary Guidelines is defined as consuming fewer than the recommended number of servings from one or more of the basic food groups (grains, fruits, vegetables, milk products, and meat or beans) based on an individual’s estimated energy needs.
Gastrointestinal Disorders

- Presence of gastrointestinal disorders diagnosed by a physician, as self-reported by caregiver, or as reported or documented by a physician, or someone working under physician’s orders. Gastrointestinal disorders are diseases and/or conditions that interfere with the intake, digestion, and/or absorption of nutrients. The diseases and/or conditions included, but are not limited to:
  - Appendicitis
  - Gastric ulcer
  - Peptic ulcer
  - Gastric ulcer
  - Post bariatric surgery
  - Short bowel syndrome
  - Inflammatory bowel disease, including ulcerative colitis or Crohn’s disease
  - Liver disease
  - Pancreatitis
  - Biliriasis tract diseases

Potential Breastfeeding Complications

For Baby:

- Potential Breastfeeding Complications:
  - Jaundice
  - Meal or ineffective suck
  - Difficulty attaching onto mother’s breast
  - Indurated, tender, or skin-colored breasts
  - Fat or inverted nipples
  - Cystic, bleeding, or severely sore nipples
  - Age ≤ 40 years
  - Failure of milk to come in by 4 days postpartum
  - Tandem nursing (breastfeeding two siblings who are not twins)

For Mom:

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#2: Flowsheets

Incorrect

Correct

Take the Flowsheet KS-TRAIN course #1084491

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#3: ATOD Information

For all adults, whether using ATOD or not:

Discuss the dangers of these, at least briefly, and document Dangers of Alcohol, Tobacco and other Illegal Drug Use in KWIC Nutrition Education Topics

OR

Give a handout that includes ATOD information (e.g. Eat, Grow, Live Healthy) and discuss with client/caregiver – document under KWIC Nutrition Education Handouts and optional Topics

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#4: Secondary Nutrition Education

Most often, there was a lack of documentation of completed secondary nutrition education.

**Problem:**
Often looks like benefits were issued remotely.

See new policy NED 02.05.00 Exit Counseling: Reinforce Healthy Living

#5: (the new one!) “Exit Counseling”

In preparation for your next ME, are you:

- Identifying all risk factors?
- Using the Flowsheet correctly?
- Providing ATOD information?
- Documenting secondary nutrition education?
- Performing “exit counseling” for all women?

Thank you!