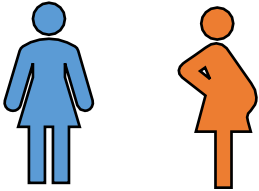


Level 2

Nutrition Risk Chapter 3

The Basics

Level 2	All CPA's must complete
Type	Paper module Ch. 3: Risks for All Women
Completion time	1 hour
Complete	Within 6 months of hire
Certifiers Guide	Lesson 4-10
Posttest	Paper
Completion	Must complete all 6 chapters.



Course Objectives

This chapter of the **Nutrition Risk** module focuses on risks that apply to all women WIC participants. Certifiers must complete chapter 3 before they can certify any woman.

After completing this chapter, the learner will be able to:

- Assess and assign nutrition risks that apply to all women, both pregnant and postpartum.

Learning activities – Chapter 3



This table lists the risks that are covered in Chapter 3.

Risk Group:	Description:
Anthropometric	
Biochemical	
Clinical/ Medical	<input type="checkbox"/> 303 – History of Gestational Diabetes <input type="checkbox"/> 304 – History of Preeclampsia <input type="checkbox"/> 311 – History of Preterm or Early Term Delivery <input type="checkbox"/> 312 – History of Low Birth Weight <input type="checkbox"/> 321 – History of Fetal or Neonatal Loss <input type="checkbox"/> 331 – Pregnancy at a Young Age <input type="checkbox"/> 332 – Closely Spaced Pregnancy <input type="checkbox"/> 333 – High Parity and Young Age

Risk Group:	Description:
	<input type="checkbox"/> 335 – Multiple Fetus Pregnancy <input type="checkbox"/> 337 – History of Large for Gestational Age Infant <input type="checkbox"/> 339 – History of Birth with a Congenital Birth Defect <input type="checkbox"/> 358 – Eating Disorders <input type="checkbox"/> 361 – Depression <input type="checkbox"/> 601 –Breastfeeding Mother of Infant at Nutrition Risk <input type="checkbox"/> 602 –Breastfeeding Complications or Potential Complications for Women
Dietary	<input type="checkbox"/> 401– Presumed Dietary Eligibility for Women and Children <input type="checkbox"/> 427–Inappropriate Nutrition Practices for Women <ul style="list-style-type: none"> ◆ 427.1 Inappropriate use of Dietary Supplements ◆ 472.2 Eating a Very Low Calorie or Nutrient Diet ◆ 427.3 Pica ◆ 427.4 Inadequate Iron, Iodine or Folic Acid Supplementation
Environmental	<input type="checkbox"/> 371 – Maternal Smoking <input type="checkbox"/> 372 – Alcohol and Illegal and/or Illicit Drug Use

3-1 Risks for all women

1. Many of the clinical risks address a woman’s medical history. Why would this be important information?

Medical history helps predict an individual’s future health.

3-2 Clinical risks for all women based on health history

Learners will select from the following list of risks to complete this activity.

- 303 – History of Gestational Diabetes
- 304 – History of Preeclampsia
- 311 – History of Preterm or Early Term Delivery
- 312 – History of Low Birth Weight
- 321 – History of Fetal or Neonatal Loss
- 337 – History of Large for Gestational Age Infant
- 339 – History of Birth with Congenital Birth Defect

1. What is the difference between assigning these risks for a pregnant woman versus a postpartum woman?

For a pregnant woman, these risks refer to any of her past pregnancies. For a postpartum woman, these risks refer to her most recent pregnancy only.

2. Molly is being recertified as a breastfeeding woman and was diagnosed with gestational diabetes during her pregnancy. Would she qualify for any of these nutrition risks?
 YES – RISK #
3. Mae is being recertified as a non-breastfeeding woman. Her baby was born 2 weeks ago and weighed 5 pounds 8 ounces. Would she qualify for any of these nutrition risks?
 YES – RISK #
4. Margaret is pregnant with her third child. Her first baby was born at 36 weeks due to preeclampsia. Would she qualify for any of these nutrition risks?
 YES – RISK #
5. Marlena is being certified as a breastfeeding woman. She was pregnant with twins, but at 21 weeks miscarried one of the twins. The second baby survived and is now 2 weeks old and breastfeeding. Would she qualify for any of these nutrition risks?
 YES – RISK #
6. Lenore was pregnant but miscarried at 11 weeks gestation. Would she qualify for any of these nutrition risks?
 NO
7. Linnea just gave birth to a baby who weighed 9 pounds 0 ounces. Would she qualify for any of these nutrition risks?
 YES – RISK #
8. Laura is being enrolled as a prenatal woman. Her first child was born with spina bifida. Would she qualify for any of these nutrition risks?
 YES – RISK #

3-3 Clinical Risks for all women related to pregnancy

- 331 – Pregnancy at a Young Age
 - 332 – Closely Spaced Pregnancy
 - 333 – High Parity and Young Age
 - 335 – Multiple Fetus Pregnancy
1. Katie is 15 years old and pregnant. Would she qualify for any of these nutrition risks?
 YES – RISK #

2. Katrina is two months pregnant with her third child. Her other children are 13 months and 2 ½ years old. Would she qualify for any of these nutrition risks?
 YES – RISK # 332

3. Kaylee is 19 years old and 7 months pregnant. This is her fourth pregnancy. She has a 30-month-old child and before his birth, she had 2 miscarriages (one at 18 weeks gestation and one at 21 weeks gestation). Would she qualify for any of these nutrition risks?
 YES – RISK # 333

4. Kiersten is pregnant with triplets. Would she qualify for any of these nutrition risks?
 YES – RISK # 335

3-4 Clinical risks for all women based on other conditions

- 358 – Eating Disorders
 - 361 – Depression
 - 601 –Breastfeeding Mother of Infant at Nutrition Risk
 - 602 –Breastfeeding Complications or Potential Complications for Women
1. While you are enrolling Misha for her pregnancy, she tells you that she was diagnosed with bulimia last year. She says that she has stopped bingeing and purging since she found out she was pregnant, but that she is concerned that she will start again after delivery. Would she qualify for any of these nutrition risks?
 YES – RISK # 358

 2. Valentina is in the office for her first postpartum visit and shares that she has been diagnosed with postpartum depression. She is on medication and is being followed by her health care provider. Would she qualify for any of these nutrition risks?
 YES – RISK # 361

 3. During her postpartum appointment, Amelia reports that she is breastfeeding her infant with cleft palate and struggling with severe engorgement. Would she qualify for any of these nutrition risk?
 YES – RISK # 601, 602

Posttest Questions and Answers for Chapter 3



When scoring this posttest, the learner will earn 1 point for correctly answering each question in the tables. Passing score is 10 out of a possible 12 points.

1. Brooke:

- She is a pregnant woman who is expecting twins.
- Her 3-year-old was born 5 weeks early and weighed 3 pounds 3 ounces at birth.
- She smokes about 5 cigarettes a day and is trying to quit. Sometimes she eats the cigarette butts to help control her craving for tobacco.

What risks would be assigned?	Risk #s: 311, 312, 335, 371, 427.3
Additional documentation required?	Yes
Referral to the RD required?	No

2. Janet:

- She is 16 years old and just delivered her first child 3 weeks ago.
- She is not breastfeeding.
- She tells you during her appointment that she was diagnosed with anorexia when she was 14 and hasn't been eating since she had the baby because she doesn't want to be fat anymore.
- She is not taking vitamins but has been taking amphetamines to help her lose weight.

What risks would be assigned?	Risk #s: 358, 372, 427.4
Additional documentation required?	Yes
Referral to the RD required?	Yes

3. May:

- She is a pregnant woman taking prenatal vitamins.

- The child born from her last pregnancy had anencephaly and died when he was just 5 days old.
- She conceived this current pregnancy 3 months later.

What risks would be assigned?	Risk #s: 321, 332, 339
Additional documentation required?	Yes
Referral to the RD required?	No

4. Sydney:

- She is 19 years old.
- She has 3 children and is pregnant with her fourth.
- Sydney’s last baby weighed 9 pounds 3 ounces and she is concerned that this baby will be big also.
- She had gestational diabetes during her last pregnancy.

What risks would be assigned?	Risk #s: 303, 333, 337
Additional documentation required?	Yes
Referral to the RD required?	No