

RENEW counseling: Skilled staff; Nutrition-focused

Try the activity on your own or with others from your agency.

RENEW Review Activity: Assess ABCDE

Just asking the mandatory questions in TWIST is not considered completing a full assessment. Chapter 4 of the [Certifiers Guide](#) reviews the 5 steps to complete a full assessment. Assessing Anthropometrics, Biochemical, Clinical, Dietary, and Environment make up the **ABCDE** of Step 2.

Step 1

- Record review and greeting

Step 2

- Assess ABCDE

Step 3

- Dig deeper

Step 4

- Assign risks and document assessment

Step 5

- Decide on topics for nutrition-focused counseling

To complete the clinical, dietary, and environmental assessment you need to explore more than just the mandatory questions. [4-3 Job Aid: What is a complete assessment?](#) lists areas and topics to investigate when completing the clinical, dietary and environmental assessment during Step 2.

Example of dietary assessment topics to explore (See Page 5 of the [Job Aid](#)):

- Dietary areas to explore include:
 - Opening
 - Attitudes
 - Actions
 - Supplements
- Dietary topics for children to investigate further within the area of “attitudes” include:
 - Feeding relationships
 - Feeding concerns
 - Support for independent eating
 - Division of responsibility
 - Recognition of hunger or fullness

Case Studies:

For each case study, use the job aid to think about what topics you would explore more and what questions you might ask.

- A. Tasha has 2-year-old Harper in your office for a recertification. Tasha tells you that Harper is a busy, happy kid but he will only eat Cheerios with whole milk for breakfast. He wants to sit in the same chair for every meal. Harper carried a sippy cup with what looks like milk in it into your office. When Harper tries to participate in the conversation, Tasha keeps handing him the cup of milk.
- What dietary topic areas would you want to explore about Harper with Tasha?
 - How would you ask about those topics?
 - How might culture impact how you complete your assessment with Tasha?
- B. Faduma is bringing in her 1-year-old daughter, Bilan, for a recertification. Bilan is Faduma's first baby, and she says things have been going very well. She reports that everything is fine. Faduma and her husband came here from Somalia 4 years ago and she has no female relatives in the US. She has made several friends in the Somali community here in Oregon. Faduma speaks some English but you have a female interpreter to help you today. Faduma is still breastfeeding Bilan. Faduma feeds Bilan solid foods from her plate while Bilan sits in her lap.
- What would you want to explore with Faduma?
 - How might language or culture impact how you complete your assessment with Faduma?
- C. Think of a recent certification appointment where nothing specific came up. Consider what you explored for ABCDE?
- Use the [job aid](#) to think about what topic areas you could have explored further?
 - How could you have asked about those topics?

Practice- five-day focus

For the next five days, pay attention to how you assess clinical, dietary, or environmental influences.

- a. What topic areas do you find yourself focusing on? Which areas do you stick closely to the TWIST questions?
- b. Reflect on which areas you might be able to explore a little more. Who can you talk about making these changes with?