

Chapter 3: Client Processes

Section 3: Assessment

Lesson: Anthropometric / Biochemical for a Woman

Objectives:

Upon completion of this lesson the user will be able to:

- enter data in the Woman Medical Data screen;
- summarize how medical data is utilized by the TWIST system;
- open and view Woman graphs;
- identify when to use “9s” as the unknown value for anthropometric or biochemical values.

Oregon Policies:

- ◆ 625 Nutritional Risk Assessment

Overview:

Collecting, documenting and assessing anthropometric and biochemical data is an important part of every certification.

TWIST will compare anthropometric and biochemical data to established standards to determine if a participant is at risk. TWIST will plot anthropometric data on the appropriate grids and identify anthropometric or biochemical risks.

In this lesson you will learn how to document anthropometric and biochemical information and view the prenatal weight gain grids for women.

Instruction:

Entering Anthropometric Data

The starting point for this section is:

Client Processes ⇒ Certification ⇒ Woman ⇒ Medical Data

1. Retrieve the participant for whom you want to enter anthropometric/biochemical data.

Figure 1: “Medical Data” Screen

2. Enter the date the height and weight were collected in the “Collection Date” field.
 - This field defaults to the current date but may be changed.
 - The correct format is MM/DD/YYYY.
 - A certification will only be marked complete if a date not more than 60 days in the past has been entered.
 - Historical data may be entered.
 - Use the “**Insert**” icon to add additional rows.
3. Tab to the “Prenatal/Postpartum” field and select the appropriate choice from the drop down list.
4. In the “E/M” field in the “Current Weight” section, select the unit of measure from the drop down list.
 - This field defaults to English.
 - If English is selected, weight is entered in pounds and ounces.
 - If Metric is selected, weight is entered in kilograms and grams.

- TWIST saves the data in English and defaults to English when the screen is accessed.
- For an unknown value, fill the “**lbs**” field with all 9s.

5. **Enter the participant’s weight.**

6. **In the “E/M” field in the “Height” section, select the unit of measure.**

- This field defaults to English.
- If English is selected, height is entered in inches and eighths of an inch.
- If Metric is selected, height is entered in centimeters and millimeters.
- TWIST saves the data in English and defaults to English when the screen is accessed.
- For an unknown value, fill the “**inches**” field with all 9s.

7. **Enter the participant’s height.**

♪ NOTE: “**Weeks Gest.**,” “**Cumul. Wt Gain/Loss**,” and “**BMI**” are system generated fields after all the mandatory data fields are completed.

- “**Weeks Gest.**” is calculated from collection date and the EDD.
- “**Cumul. Wt Gain/Loss**” is the calculated from most current weight and prepregnancy weight.
- “**BMI**” is calculated from current weight and height and displays for non-pregnant women.

8. **In the “Medical Notes” field, double click to open the “Woman Anthropometry Notes” pop-up.**

- Notes may be entered in a free-form text format.
- Click “**OK**” to save note and close pop-up.
- Click “**Cancel**” to close pop-up without saving note.

♪ NOTE: Information cannot be saved until all mandatory fields on this screen are filled. After the information on the screen has been saved, data entered may be modified until the End of Day process has occurred. After End of Day, data entered becomes display only and cannot be removed or changed. If the information was entered incorrectly, insert a new row using the “**Insert**” icon to enter the correct information.

Entering Prenatal Data

These fields will be displayed for prenatal participants only.

1. **Verify the dates in the “EDD” and “LMP” fields are correct.**
 - These fields are display only.
 - To modify these dates, you must enter the revised information on the “**Intake**” screen.
2. **Click the “Twins or More” box for a woman with a multiple fetus pregnancy.**
3. **Tab to the “Pre Pregnancy Weight” row.**
 - English is the default choice.
 - If English is selected enter prepregnancy weight in pounds and ounces.
 - If metric is selected entered prepregnancy weight in kilograms and grams.
 - The system will calculate the “**Prepregnancy BMI.**”

Entering Postpartum Data

These fields will be displayed for postpartum participants only.

1. **Enter the participant’s “ADD” (Actual Delivery Date) on the “Intake” screen.**
2. **Enter the participant’s “EDD” (Estimated Delivery Date) on the “Intake” screen.**

TWIST will calculate weeks gestation based on ADD and EDD.

3. **Enter the “Total Weight Gain for the Pregnancy Just Completed” on the Medical Data screen.**
 - English is the default choice.
 - If English is selected enter weight in pounds and ounces.
 - If metric is selected entered weight in kilograms and grams.
4. **If needed, enter “Weight Before Last Pregnancy.”**
 - If client was enrolled during pregnancy, this field will be automatically filled in from her prenatal data.

- “**BMI Before Last Pregnancy**” will be calculated from this field and Height.

Entering Biochemical Data

1. **Enter the date the blood work was collected in the “Collection Date” field.**

- This field defaults to the current date but may be changed.
- The correct format is MM/DD/YYYY.
- Historical data may be entered.
- A certification will only be marked as complete if a date not more than 60 days in the past has been entered.

2. **Enter the hemoglobin or hematocrit value for the client.**

- You may enter both a hemoglobin and hematocrit value, but you must enter one or the other.
- For an unknown value, fill the field with all 9s.
- If a hemoglobin value less than 5.0 or greater than 18.0 is entered or if a hematocrit value less than 20.0 or greater than 56.0 is entered, a warning message will pop-up. To close the pop-up click “OK.”

♪ NOTE: The “**Weeks Gest.**” field is system generated and calculated from the “**Collection Date**” and “**EDD.**”

3. **Tab to the “Blood Lead Level” field and enter the blood lead level value.**

This field is optional but is used in risk identification.

4. **Save.**

- Click the “**Insert**” button to add additional rows for biochemical data.
- Click the “**Remove**” button to remove a row of data prior to it being saved.
- Once data has been saved TWIST will compare the client’s data to the established standards and auto-assign any appropriate risks.

Viewing the Graphs

1. **Click the “View Graph” button.**

The graph screen is displayed after data is saved.

2. **Select the appropriate graph from the “Select Graph” drop down list.**
 - For pregnant women, the system will select the appropriate prenatal weight gain graph to use based on the woman’s prepregnancy BMI. The four graph options are Underweight, Standard Weight, Overweight and Obese.
 - When the “Twins or More” box is checked, multifetal weight gain graphs will be available for viewing. The appropriate prenatal weight gain graph will be selected based on the woman’s prepregnancy BMI. The four multifetal graph options are Underweight, Standard Weight, Overweight and Obese.
3. **View graph.**
4. **Click the “Print Graph” button to print the graph.**
5. **Click the “Close” button to return to the “Medical Data” screen.**

Tips and Shortcuts:

- To add a row to the “Anthropometry” section, click the “Insert” icon.
- When data has been entered in metric, click the “Refresh” icon to view it in English.
- If a value is entered that is not within “normal” parameters a warning message will be displayed stating the value is not with the established range. Click “OK” to close the message pop-up. You are not required to change the value.
- If an incorrect value is entered for height, weight, hematocrit or hemoglobin and saved, the system will assign risk based on the incorrect value and will not remove the risk even if the value is later corrected. Always check the “Risk Factors” tab for accurate risk factor assignment and add or remove risks as needed,
- When placeholder values are entered for weight and height, TWIST is unable to calculate cumulative weight gain or loss, BMI, or plot a client’s data on a grid.
- Use the notes field to record refusal for collecting anthropometric or biochemical data.

Practice Activities:

Use the information from your  Activity Sheet for this practice.

The starting point for this section is:

Client Processes ⇒ Certification ⇒ Woman ⇒ Medical Data

1. Click the “Open” icon to access “Client Search” and select your participant.
2. Click the “Return with Client” button to return to the “Medical Data” screen.
3. Click in the “Collection Date” field and enter a date three months ago.
4. Tab to the “Prenatal/Postpartum” field and select “Prenatal.”
5. Tab to the “Current Weight” section and enter your weight in pounds and ounces.
6. Tab to the “Height” section and enter your height in inches and eighths of an inch.
7. Tab to the “Medical Notes” field and enter a note.
8. Click “OK” to save note.
9. Tab to “Pre Pregnancy Weight” row and enter your ideal weight in pounds and ounces.
10. Tab to the “Biochemical Info - Collection Date” field and enter a date three months ago.
11. Tab to the “Hemoglobin” field and enter 9.9.
12. Save your work.
13. Click the “View Graph” button to view your graphs.
14. Close the graph screen and exit back to the “Client Processes” window.

Great job! You have just completed the “Medical Data” screen. Let’s move on to the Skill Check to review the process one more time.

✓ **Skill Check:**

Continue with your participant’s new enrollment by entering her anthropometric and biochemical information. The following are the values that you collected today at her WIC appointment.

Height – 63 inches
Current Weight – 162 pounds
Pre-pregnancy Weight – 149
EDD – 4 months from today
Hematocrit – 34

Print her gestational weight gain grid to turn into your instructors.

Notes:

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