



Washington WIC – Certifier Competency Training Worksheet

7. Nutrition Assessment

Competency	Certifier is able to:	Training Requirements
<p>Complete an assessment to discover participant’s nutrition needs and determine risk eligibility.</p> <p>Use critical thinking to gather and analyze assessment information.</p>	<p>Complete the Assessment online course. Complete the Nutrition Assessment post-test with 80% or higher score.</p> <p>Begin with an introductory statement about assessment.</p> <p>Ask assessment questions based on participant’s category, age, and feeding practices.</p> <p>Use open-ended questions to learn about the participant’s nutrition status, eating and feeding practices, concerns and interests.</p> <p>Use probing questions to clarify information and get a more complete picture of the participant.</p> <p>Assign nutrition risks and document risk notes when needed.</p> <p>Ask questions to make sure a medical provider diagnosed medical conditions reported by the participant.</p> <p>Determine when to use the “Not meeting dietary or feeding guidelines” risks.</p> <p>Match the priority of breastfeeding participants and babies.</p>	<p>The Learning Center (TLC)</p> <ul style="list-style-type: none"> • DOH STATE WIC Assessment • DOH STATE WIC Nutrition Assessment Post-Test <p>WIC Manual - Volume 1</p> <ul style="list-style-type: none"> • Chapter 11-Assessment • Chapter 14-Nutrition Risk Criteria • DRAFT Chapter 18-Certification: <ul style="list-style-type: none"> ○ Read Section 2 - Certification Requirements – Separation of Duties <p>Core WIC Training</p> <ul style="list-style-type: none"> • Nutrition Risk Assessment <p>Cascades Staff Tools</p> <ul style="list-style-type: none"> • Assessment Questions for a Participant-Centered Risk Assessment <ul style="list-style-type: none"> ○ Available in other languages

- Continued on Next Page -



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Competency	Certifier is able to:	Training Requirements
	<p>Refer to the Registered Dietitian Nutritionist (RDN) when a participant:</p> <ul style="list-style-type: none"> • Is identified as high risk. • Has nutrition needs where seeing a RDN is valuable. • Requests a RDN appointment. <hr/> <p>Wait to offer education until assessment is complete. Include:</p> <ul style="list-style-type: none"> • All assessment questions answered • Growth or weight gain assessed • Blood test results evaluated <hr/> <p>Write clear, concise notes to capture a complete picture of participant and communicate participant’s needs, concerns, and interests.</p> <hr/> <p>Follow separation of duties policy.</p>	

Be sure to discuss any outstanding questions or issues with certifier. Document completion of this competency on Certifier Competency Training Documentation Form.

For persons with disabilities, this document is available on request in other formats.
 To submit a request, please call 1-800-841-1410 (TDD/TYY 711).
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