

# Training Tool for Pregnant Woman Assessment Questions

JULY 2014

## A: 100's Anthropometric

- Height/weight, %tiles
- Anything related to weight gain, loss, growth

### Questions and Purpose/Risk Code

- What has your doctor said about your weight? (If applicable)
  - Helps determine what other health care practitioners have discussed
- What are your thoughts on your weight? Probe for participant's feelings on weight change.
  - Helps understand participant's attitude about weight and weight gain/loss
  - May provide direction of counseling regarding weight changes in pregnancy

## B: 200's Biochemical

- Blood tests
- Anything related to blood- anemia, lead

### Questions and Purpose/Risk Code

- (If low hgb) What has your doctor said about your iron?
  - Helps determine if participant has been diagnosed with anemia or has had low iron in the past
  - Provides opportunity to reinforce information or treatment given by MD
- (If low hgb) What do you know about anemia?
  - Provides opportunity to build upon understanding that participant already has about anemia and effects on pregnancy

## C: 300's Clinical

- Health/Medical Conditions
- Anything related to medical history, medical conditions, MD access

## Questions and Purpose/Risk Code

- What has your doctor said about your pregnancy? Do you have any concerns in regards to your health?
  - Participant can discuss any health concerns that may have been identified by MD or her own concern
  - May indicate medical issue or participant concern and may influence direction of counseling
- How does this pregnancy compare to your previous ones?
  - Helps you find out about possible problems with past pregnancies
  - May help uncover concerns that participant may have about being pregnant again
- Do you have any medical or nutrition conditions that you are currently being treated for, such as food allergies, lactose intolerance, weight loss surgery, diabetes, or hypertension?
  - Helps you discuss prenatal health care
  - Helps determine risk code assignment for medical risk conditions
  - 301,302,342,343,345,353,358, others possible depending on medical condition
- What medications are you currently taking?
  - Helps assess potential for drug-nutrient interactions
  - Risk code 357 may apply
  - May provide opportunity for participant to share health status if not responding to previous question
- Are you experiencing depression? Has a healthcare provider suggested treatment for depression for you?
  - Helps to determine if participant is eligible for risk code
  - Risk code 361 may apply
  - Helps determine if participant needs referral to health care provider for further assessment
- Do you use any street drugs? (asking this when asking about smoking/alcohol use seems to flow nicely)
  - Helps determine if participant is eligible for risk code
  - Helps determine if participant needs referrals
  - Risk codes 372 or 901 may apply

## D: 400's Diet and Nutrition

### Questions and Purpose/Risk Code

- What makes you the most happy about your eating?
  - Provides opportunity to explore her challenges and support her successes

- Helps you to encourage healthy eating practices
- How is your appetite?
  - May indicate possible stress in participant's life
  - May provide opportunity to discuss eating strategies for mom while caring/nursing baby
- What vitamins or supplements are you taking?
  - Find out whether she is taking appropriate supplements
  - Can lead to nutrition education about food as source of vitamins and minerals
  - Refer to MD if excessive medications or herbal supplements/teas
  - Evaluate herbal remedies for potential harmful effects on infant
  - Risk codes 427D and/or 427A may apply
- Are you following a special diet or have any diet restrictions?
  - Could affect intake of different food groups
  - Could show food allergies, possible eating disorder
  - May need to refer for high risk follow-up
  - May need to refer to food shelf or food stamps if needed
  - Risk Code 427B may apply
- Do you have any cravings for or eat any non-food items?
  - May indicate participant is ingesting toxic substance
  - Need to evaluate amounts taken in
  - May need to refer to MD
  - Risk code 427C may apply
- Are you eating any cold deli meats, soft cheese, raw foods, or unpasteurized beverages?
  - May indicate intake of food potentially contaminated with pathogenic microorganisms
  - Be aware that most packaged soft cheese bought in grocery stores are made with pasteurized milk
  - Risk code 427E may apply
- What have you heard about breastfeeding?
  - Provides an opportunity to address any barriers woman may identify
  - Helps determine if referral is needed

## **E: 900's Environmental/Other Factors**

### Questions and Purpose/Risk Code

- Are there times when anyone makes you feel unsafe?
  - Give appropriate referrals
  - Determine if your local agency requires mandatory reporting

## TRAINING TOOL FOR PREGNANT WOMAN ASSESSMENT QUESTIONS

- Risk code 901 may apply
- Do you feel your family could use support from other programs for housing or food at this time?
  - Helps to show food security or insecurity
  - May indicate need for referrals
- What are some physical activities that you enjoy?
  - An active lifestyle is important for overall health
  - Regular activity (Ok from MD) is part of a healthy lifestyle

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