

Training Tool for Pregnant Woman Assessment Questions

Type	Question	Purpose/Risk Code
A	<p>100's Anthropometric = Ht/WT, %tiles</p> <p>What has your doctor said about your weight? (if applicable)</p> <p>What are your thoughts on your weight? PROBE for participant's feelings on weight change.</p>	<p>(Anything related to weight gain, loss, growth)</p> <ul style="list-style-type: none"> • Helps determine what other health care practitioners have discussed • Helps understand participant's attitude about her weight and her weight gain/loss • May provide direction of counseling regarding weight changes in pregnancy
B	<p>200's Biochemical = Blood Tests</p> <p>(If low Hgb) What has your doctor said about your iron?</p> <p>(If low Hgb) What do you know about anemia?</p>	<p>(Anything related to blood- anemia, lead)</p> <ul style="list-style-type: none"> • 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 • 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)*

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 health care 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

<p>D</p>	<p>400's Diet and Nutrition</p>	
	<p>What makes you the most happy about your eating?</p>	<ul style="list-style-type: none"> • Provides opportunity to explore her challenges and support her successes • Helps you to encourage healthy eating practices
	<p>How is your appetite?</p>	<ul style="list-style-type: none"> • May indicate possible stress in participant's life • May provide opportunity to discuss eating strategies for mom while caring/nursing baby
	<p>What vitamins or supplements are you taking?</p>	<ul style="list-style-type: none"> • 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
	<p>Are you following a special diet or have any diet restrictions?</p>	<ul style="list-style-type: none"> • 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
<p>Do you have any cravings for or eat any non-food items?</p>	<ul style="list-style-type: none"> • May indicate participant is ingesting toxic substance • Need to evaluate amounts taken in • May need to refer to MD • Risk code 427C may apply 	

<p>D</p>	<p style="text-align: center;">400's Diet and Nutrition (Continued)</p> <p>Are you eating any cold deli meats, soft cheese, raw foods, or unpasteurized beverages?</p> <p>What have you heard about breastfeeding?</p>	<ul style="list-style-type: none"> • 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 • Provides an opportunity to address any barriers woman may identify • Helps determine if referral is needed
<p>E</p>	<p style="text-align: center;">900's Environmental/Other Factors</p> <p>Are there times when anyone makes you feel unsafe?</p> <p>Do you feel your family could use support from other programs for housing or food at this time?</p> <p>What are some physical activities that you enjoy?</p>	<ul style="list-style-type: none"> • Give appropriate referrals • Determine if your local agency requires mandatory reporting • Risk code 901 may apply • Helps to show food security or insecurity • May indicate need for referrals • An active lifestyle is important for overall health • Regular activity (Ok from MD) is part of a healthy lifestyle