

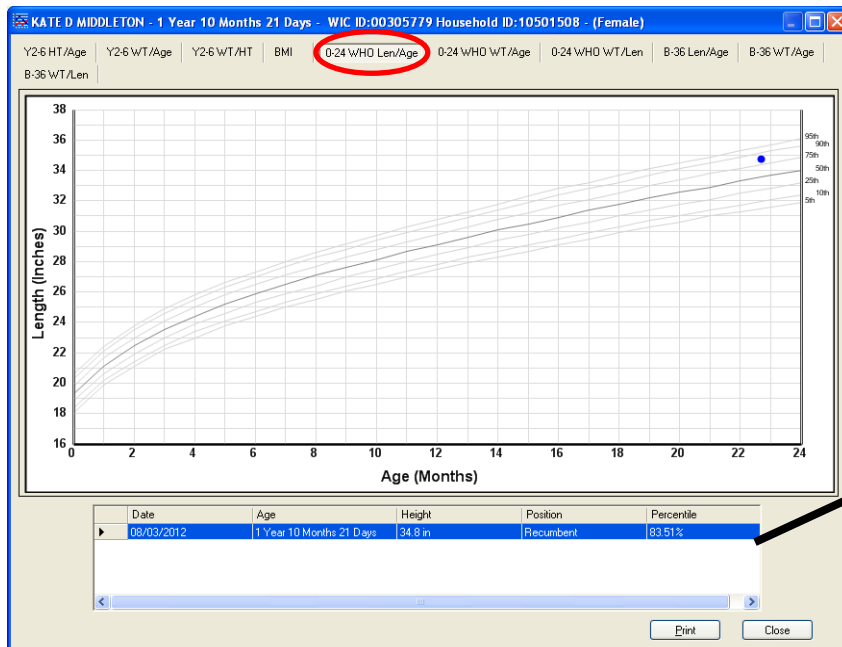
Answer Key for CASE STUDY

NAME: **Kate Middleton**

BIRTHDATE: 9/13/2010

Carole has a re-certification appointment for her 22 month old daughter, Kate. Carole had tried breastfeeding Kate for less than a month but said that Kate was always crying and hungry so she switched to formula at 2 weeks. Carole introduced solid foods to Kate at 4 months of age to keep her satisfied. Kate doesn't eat any fruits and vegetables and has at least 4-6 glasses of whole milk per day. She also gets about a cup and a half of juice per day.

Following are the growth grids that are available to you:



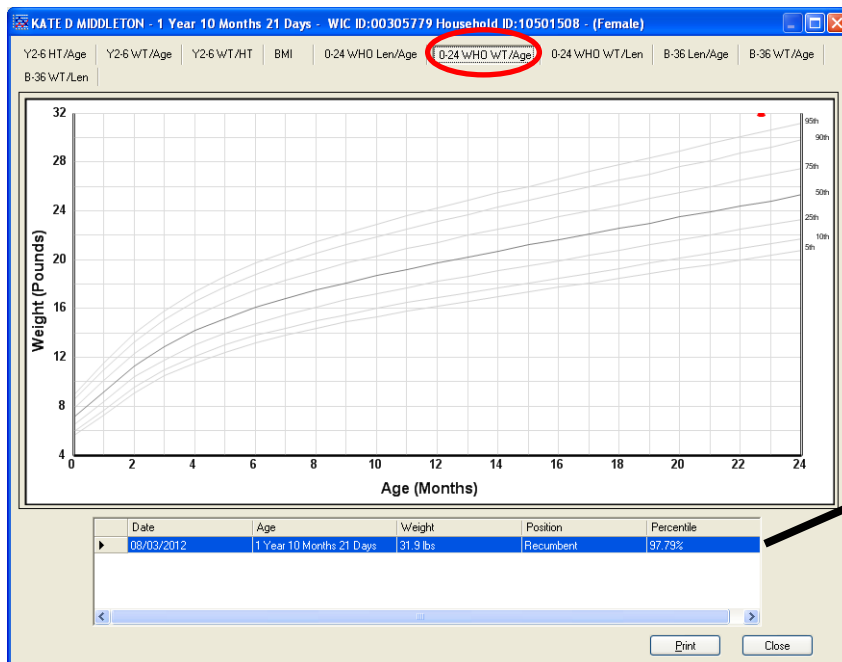
Date:
8/3/2012

Age:
**1 Year, 10 Months,
21 Days**

Height:
34.8 in.

Position:
Recumbent

Percentile:
83.51 %



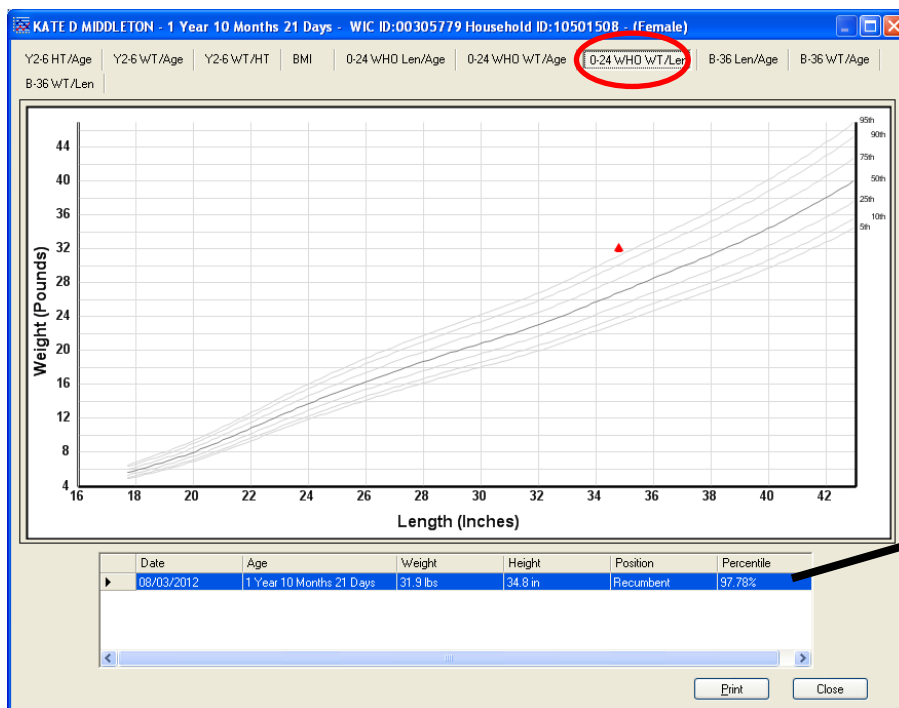
Date:
8/3/2012

Age:
**1 Year, 10 Months,
21 Days**

Weight:
31.9 lbs.

Position:
Recumbent

Percentile:
97.79 %



Date:
8/3/2012

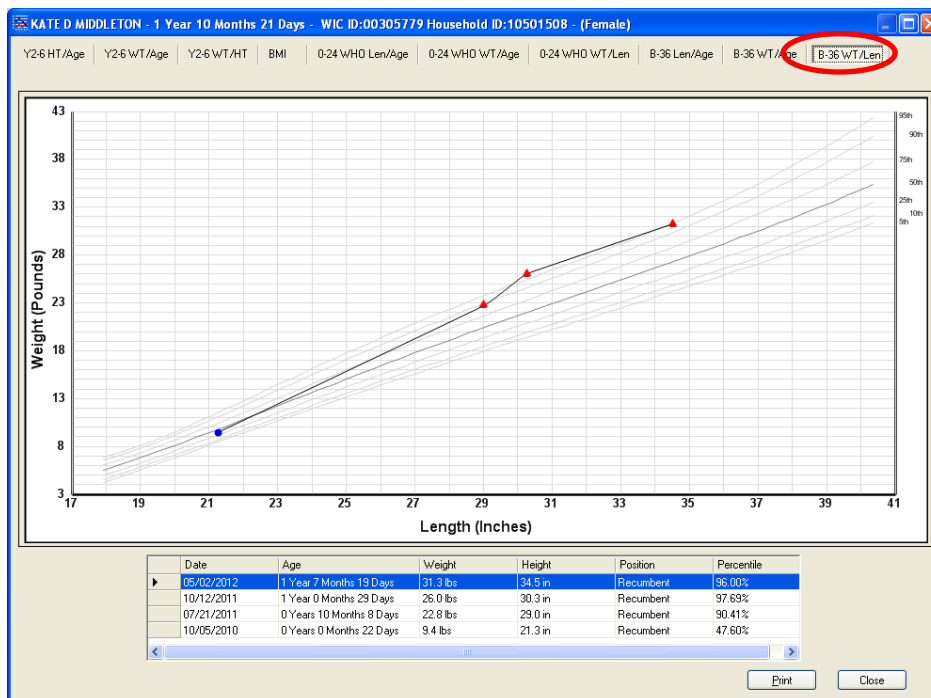
Age:
1 Year, 10
Months, 21 Days

Weight:
31.9 lbs.

Height:
34.8 in.

Position:
Recumbent

Percentile:
97.78 %



DATE	AGE	WEIGHT	HEIGHT	POSITION	PERCENTILE
5/02/2012	1 yr., 7 mth., 19 dys.	31.3 lbs.	34.5 in.	Recumbent	96.00
10/12/2011	1 yr., 0 mth., 29 dys.	26.0 lbs.	30.3 in.	Recumbent	97.69
07/21/2011	0 yr., 10 mth., 8 dys.	22.8 lbs.	29.0 in.	Recumbent	90.41
10/05/2010	0 yr., 0 mth., 22 dys.	9.4 lbs.	21.3 in.	Recumbent	47.60

After evaluating the growth grids available to you, answer the following questions:

- 1. What anthropometric risk factor would be assigned by HuBERT?
115 – high weight for length (high risk?)**
- 2. What information would you want to learn more about regarding this child?
What are some questions would you ask to gather this information?**

Would appear that weight gain happened around Kate's 2nd year mark. What changes may have occurred then? Caregiver changes? Stresses in family?

Mealtime schedule? Mom/caregiver understanding hunger cues? Hx of possibly not as baby, but now?

Why whole milk? Why so much?

Child checkups? Feedback from them?

- 3. How would you explain the changes in the child's growth?**

Carole may not be good at reading child's cues for hunger and/or fullness. She appears to be getting a lot of milk. Could this be true for other caloric beverages as well?

- 4. Which of the charts is most helpful to you in your assessment? Why?**

Weight for length charts, both WHO but also B-36 months because of the numerous plots.

- 5. How would you use the growth grids in your conversation with Carole (or if you wouldn't use them, why not)?**

Depends on participant and how helpful it would be to the parent.

- 6. What follow up questions would you ask to see what Carole thinks of this information?**

` What does your doctor say about Kate's growth/health?

If Kate continues gaining weight as she has been, what do you think might happen to her in a few years?

What are your thoughts about this information?

How does it compare with what you've talked to your Dr. about?

What do you think may be contributing to the weight gain?