### Alaska WIC Program Nutrition Care Plan

**Version 1/29/10**

#### Description
- Diagnosed: wt consistently <3%, wt <80% ideal, progressive fall-off in wt to <3% expected, or decrease from expected normal curve
- FTT is a serious often complex growth problem- nutrition is poor, causing poor weight gain

#### Assess Readiness for Change:
with open ended questions

- “What questions or concerns do you have about Sam today?”
- “How do you feel about Sam’s growth?”

#### Discussion, Counseling and Education

**If the answer is:**

**Not ready**

- “The Dr wants me to have him evaluated, but he is fine, he is a boy and boys develop slower.”

Raise awareness
& personalize change

**Try Counseling Strategies**
- “Tell me more about your concerns in having Sam evaluated?”
- “Does Sam have any other medical issues or problems swallowing?”
- “Do you feel like your family has enough food?”
- “What else did the Dr discuss with you? Any other recommendations?”

**Try Education**
- Share child’s plotted growth chart.
- “Poor growth in children can happen when a child is not eating enough. But there may be other reasons like a medical problem. Can we help you find a referral agency that you would be comfortable with?”
- “May I share some ideas that might help Sam?”

**Record Plan or Goal**

Participant accepted referral, but does not want to take child. Will re-assess readiness for change at next appointment.

**Unsure**

- “The Dr said he should be growing faster but he is growing like my first son did.”

Raise awareness & confidence & identify barriers to change

**Record Plan or Goal**

Parent to try adding dry milk to liquids. One month issuance. Will check weigh and re-asses next appointment.

**Ready**

- “I’ve taken him to the Dr several times. They want me to feed him more.”

Help plan change-support

**Record Plan or Goal**

Mom plans to talk to the Dr about Pediasure. Will use CIB for now. Re-asses ENPR status by next appointment.

**Education Resources**

- [http://www.aafp.org/afp/20030901/879.html](http://www.aafp.org/afp/20030901/879.html) Reference- FTT by AAFP