

Description

- Inflammation of the small intestine when eating wheat or foods containing wheat. Causing diarrhea, weight loss, FTT and poor absorption
- To avoid a reaction all wheat is eliminated from diet

Assess Readiness for Change: with open ended questions

- “What type of diet changes have you made since your diagnosis of celiac disease?”
- “What problems have you had trying to change to a gluten free diet?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready →</p> <p>“I’ve been avoiding gluten for a long time. I pretty much know what I can have.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “That’s great. What has been the best resource for you?” • “How often would you say you have problems finding the products you need?” 	<ul style="list-style-type: none"> • “You are eligible for WIC because you have celiac disease. If you need help with your gluten free diet we are here to help you. Your next appointment will be with the RD. What questions do you have today?” • High risk refer to RD

Record Plan or Goal Mom feels familiar with gluten free diet. No info desired. Referred to RD. Reassess needs next appointment.

<p>Unsure →</p> <p>“The Dr gave me a list of foods to avoid. I’m not sure if I have it down yet?”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “It sounds like you are unsure about some things. What are you having the most problems with?” • “On a scale of 1-10, how well do you think you understand what diet changes you need to make?” • “How can I best help you today?” 	<ul style="list-style-type: none"> • Treatment is avoidance of all gluten in the diet <ul style="list-style-type: none"> ○ Assist with determining gluten foods ○ Assist with recipes and label reading ○ Assist with finding specialty food products • May have other food allergies to address • Knowledge: grains to avoid wheat (einkorn, durum, faro, graham, kamut, semolina, spelt), barley, rye, triticale, and malt
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Record Plan or Goal Offered handout on gluten foods. Mom not ready to read labels yet. Follow-up on label reading next appointment.

<p>Ready →</p> <p>“I have the hardest time with reading food labels. There is just so much hidden wheat.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “There are. Here is a card you can take to the store when you read labels that shows hidden wheat ingredients. What else might help you in reading labels?” 	<ul style="list-style-type: none"> • “You can also look at the kidswithfoodallergies.org website. It has information on adjusting recipes and using other substitutions that might help you.”
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Record Plan or Goal Gave gluten shopping card. Mom to explore suggested website for substitution info. Follow-up resources next appointment.

Education Resources	<p>http://www.celiac.org/cd-main.php Resource- <i>Celiac Disease Foundation</i></p> <p>http://www.celiac.org/downloads/QuickStart-Diet-Guide-April-2009.pdf Handout- <i>Diet Guide Celiac Disease</i></p> <p>http://www.kidswithfoodallergies.org/docs/Wheat Allergy Read Label Travel Cards.pdf Handout- <i>Carry card reading wheat food labels</i></p> <p>http://www.kidswithfoodallergies.org/resourcespre.php?id=89&title=Basic_recipe_substitutions_for_wheat_allergy#wheat Resource- <i>substitute recipe</i></p>
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