

355 Lactose Intolerance (ALL)

- Description**
- Body is unable to break down lactose (milk sugar). Undigested lactose causes nausea, diarrhea, bloating and cramps
 - Lactose is in milk and milk products. Intolerance may be mild to severe

Assess Readiness for Change: with open ended questions

- “How severe is your lactose intolerance?”
- “What milk products do you have to avoid?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready →</p> <p>“I never really liked milk anyway.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “Since you don’t really drink milk, what do you eat to make sure you get in your calcium?” • “How much dairy can you tolerate before it bothers you?” • “What about lactose intolerance can I answer for you today?” 	<ul style="list-style-type: none"> • “You are eligible for WIC because you have lactose intolerance. Some can tolerate small amounts of milk or can substitute other dairy products. Would you like a handout on things to try to reduce symptoms from lactose intolerance?” • Offer feeding suggestions for disease/condition • Not high risk but refer to RD if above comfort level

Record Plan or Goal Mom feels she is doing fine with her lactose intolerance. No info desired. Re-assess next appointment.

<p>Unsure →</p> <p>“I’m not sure how severe it is because I can drink some milk?”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “Yes, some people with lactose intolerance can drink small amounts of milk, can have milk when with other foods or have no problems with non-fluid dairy sources like cheese or yogurt. Which of those dairy products can you tolerate?” • “On a scale of 1-10, how concerned are you that you need to avoid all dairy products?” 	<ul style="list-style-type: none"> • Treatment is avoidance of dairy that is not tolerated • Tolerance varies by individual- some avoid all dairy, some tolerate minimal milk, cheese and yogurt • Assist with reading labels • Assist with recipe substitutions • Assure calcium and vit D needs are met • Tailor package (milk/cheese) as able • May require special formula for infants/young children
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Record Plan or Goal Mom tolerates 1/2c milk & cheese. ENPR given for increasing cheese. Follow-up ENPR next appointment.

<p>Ready →</p> <p>“I can’t even do cheese. It is horrible”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “It sounds like you are pretty sensitive to dairy. WIC allows you to get lactose free milk. What is your experience with using it?” 	<ul style="list-style-type: none"> • “WIC allows lactose free milk. It is sweeter than regular milk. How would you feel about trying it?”
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Record Plan or Goal Mom to try lactose free milk, never had before. Accepted lactose handout. Follow-up lactose free milk tolerance.

Education Resources	<p>http://www.nichd.nih.gov/health/topics/lactose_intolerance.cfm Resource- <i>Lactose Intolerance</i></p> <p>http://digestive.niddk.nih.gov/ddiseases/pubs/lactoseintolerance/ Resource- <i>Lactose Intolerance</i></p> <p>http://here.doh.wa.gov/materials/lactose-or-dairy-intolerance/15_WIClactose_E04L.pdf Handout- <i>WA WIC- Lactose or Dairy Intolerance</i></p>
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