

Description

- Diagnosed conditions not included in other risks affecting nutritional status
- Such as: juvenile rheumatoid arthritis, lupus, cardiorespiratory & heart disease, cystic fibrosis, persistent asthma (requiring daily medication)

Assess Readiness for Change: with open ended questions

- “Tell me about the treatment Sam is getting for his xx (i.e. juvenile rheumatoid arthritis)?”
- “How is his xx (i.e. juvenile rheumatoid arthritis) affecting his eating or his bowels?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready →</p> <p>“Sam’s Dr has him on medication and we do exercises for his joints.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “How has the joint pain interfered with his eating?” • “It looks like his weight is consistent today. How do you and the Dr feel about his weight?” 	<ul style="list-style-type: none"> • “Sam is eligible for WIC because he has xx (i.e. juvenile rheumatoid arthritis) which can affect his eating. It sounds like you and the Dr have a good treatment plan going. WIC can help answer questions about feeding issues. What can I answer today?” • High risk, refer to RD

Record Plan or Goal Mom feels Dr’s plan is working. No info desired. Re-assess status next appointment.

<p>Unsure →</p> <p>“They have his pain controlled but I worry about all the medications he is on?”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “Medications can have side effects. What problems have you seen since he has been on the medications?” • “On a scale of 1-10, how much do you think the medications interfere with his eating or bowels?” • “How would you feel about talking to the Dr about your concerns for Sam’s medications?” 	<ul style="list-style-type: none"> • Juvenile rheumatoid arthritis joint pain: <ul style="list-style-type: none"> ○ Exercise- joint mobility (may affect jaw joint) ○ Medication side affects ○ Calcium & Vit D for bones ○ Keep normal body weight • CF affects lungs and digestion <ul style="list-style-type: none"> ○ Support normal growth (extra fat & calories) ○ Vitamin & mineral supplementation; A,D, E, K • Asthma- colds & allergens trigger <ul style="list-style-type: none"> ○ Treatment: medications, avoid triggers ○ Shortness breath, tiredness, may affect eating ○ Medication side affects
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Record Plan or Goal Mom to talk to Dr about meds. No specific side affects noted but is still concerned. Re-asses med changes next appointment.

<p>Ready →</p> <p>“It’s hard when he is in pain. He has trouble with utensils.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “What has the Dr said about the level of comfort he can get for Sam?” • “What have you tried to do to make meals easier for him?” 	<ul style="list-style-type: none"> • “You mentioned he does a little better with finger foods. What kinds of foods are easiest for him?”
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Record Plan or Goal Mom to try new finger foods. Check weight and follow-up on medications and finger foods tried next appointment.

Education Resources Resources: <http://www.cff.org/> CF, http://www.arthritis.org/disease-center.php?disease_id=38&df=treatments Juvenile Arthritis, http://www.lupus.org/webmodules/webarticlesnet/templates/new_aboutaffects.aspx?articleid=103&zoneid=17 Lupus <http://www.aaaai.org/patients/topicofthefirst/0107/> Asthma