427 Inappropriate Nutrition Practices for Women (PG/BE/NBF) — 427.1 Excess Vit/Mineral/Herb Supplements

Description
- Consuming potentially harmful supplements (above recommended levels may be toxic):
  - Such as single or multi-vitamins, mineral supplements & herbal or botanical supplements, remedies or teas

Assess Readiness for Change: with open ended questions

- "You're taking extra xx (i.e. zinc) along with your prenatal vitamin. Why did you decide to take more xx (i.e. zinc)?"
- "What supplements (and amounts) does your Dr support taking?"

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
Not ready → "I take extra zinc because it helps colds and I get colds a lot?" Raise awareness & personalize change	• "Zinc is important in pregnancy. There is controversy over how effective it is for colds. As with any supplement, too much can have unwanted affects (>50mg zinc). The Dr said only take a prenatal vitamin? How do you feel about that?"	• "You are eligible for WIC because extra supplements could have harmful side effects. Zinc is found in food too. How interested would you be in talking about foods that are good sources of zinc?" • Knowledge: botanical is a plant/part of plant used for medicinal/therapeutic purpose; herbs are a subset of botanicals
Record Plan or Goal	Mom told Dr she would stop zinc. Still taking prenatal. Talked about zinc in foods. Check supplement use next appointment.	

Unsure → "It is supposed to help with cold sores (herpes). There is probably a medication but I don't have insurance."
 	
Raise awareness & confidence & identify barriers to change
	• "Supplements can be helpful for some conditions but high amounts can have side effects. What other treatments or medications did your Dr suggest?"
	• "You might be eligible for Medicaid, on a scale of 1-10, how comfortable would you be in applying for it?"
		• Supplements (dietary, herbal or botanical) may:
		  o Have toxic side effects (preterm labor, nausea, vomiting, etc.)
		  o Interfere with absorption of other nutrients (iron, etc.)
		  o Interfere with medications
		• In breastfeeding: may cross into milk or affect supply
		• Vitamins/minerals: check RDA (daily allowances)
		• Assess Dr's support of use

Record Plan or Goal	Mom to apply for Medicaid. To stop zinc use until talks to Dr. Check status next appointment.	
Ready → "I have eczema. It helps my skin. It is guaranteed. Zinc is in cough drops, isn't it ok?" Help plan change-support	• "There are lots of products that make claims that may not be proven or may be helpful but at lower doses. It sounds like you haven't talked to a Dr or dermatologist? How important do you think seeing one would be?"	• "They would let you know what safe levels are for your condition. What other supplements do you take?"
Record Plan or Goal	Mom to see a provider about eczema. Will stop extra zinc use until then. Made referral to local provider.	

Education Resources

http://www.marchofdimes.com/pnhec/159_529.asp Resource- *Drugs, herbs, supplements in pregnancy*
http://www.nal.usda.gov/wicworks/WIC_Learning_Online/support/job_aids/harmful.pdf Handout- *Harmful Substances WIC WORKS*
http://ods.od.nih.gov/pubs/partnersbrochure.asp Resource- *Office Dietary Supplements- What supplements you taking?*
http://www.skincarephysicians.com/eczemanet/dietary_supplements.html Resource- *American Academy Dermatology- Eczema*