George, Amy R (HSS)
RE: WIC Update January 24, 2014

From: Wayne, Kathleen A (HSS)
Sent: Friday, January 24, 2014 3:50 PM
To: HSS DPA WIC Coordinators; Welch, Scooter (HSS Sponsored); 'Donn Bennice'; 'Kathy O'Gara'; Keyes, Kelly (HSS Sponsored)
Cc: HSS DPA WIC Juneau; HSS DPA WIC Anchorage; Olejasz, Aimee M (HSS); 'Danielle Rybicki'; Khmelev, Erin N (HSS)
Subject: WIC Update January 24

Hi Everyone,
How warm is it? In Juneau it's a balmy 42 degrees and sunny. Hope everyone is doing well.
Take care,
Kathleen

1. January Quarterly Report

Items that don't have to be reported this quarter on the Quarterly Report:

- No Show rates will not be required on the 2nd quarter, WIC Quarterly Report. These will be reported on the April 30th report.
- Obesity, breastfeeding initiation and duration reporting will not be required this quarter. Reporting will begin again in April.

If you have questions, contact Dana Kent at 465-5322 or at dana.kent@alaska.gov.

2. Blackboard Guest Access: Blackboard was recently updated and there has been a change in the username and password needed for guest access into the training program Please see the attached PDF for instructions to use guest access. If you have any questions, please email Danielle Rybicki at drrybicki@uaa.alaska.edu.

3. Documents related to the Similac Sensitive transition can be found at: http://dhss.alaska.gov/dpa/Pages/nutri/wic/localagencies/laforms.aspx under "Other Clinic Forms" and titled Similac Sensitive Transition. The updated ENPR form is located at: http://dhss.alaska.gov/dpa/Documents/dpa/programs/nutri/downloads/ENPR/ENPR-form.pdf.

4. **Changing risk factors at the mid-cert**: With our transition to spirit, we've gone to a one year certification for children. Infants, children and breastfeeding women now all require a mid certification assessment. If, in the course of your assessment, you determine that a previously assigned risk factor no

longer applies, or a different risk factor now applies, delete or add the risk factor in the electronic chart. Please contact Jennifer Johnson at Jennifer.johnson@alaska.gov with comments and questions

SPIRIT Information:

In order to allow coordinators to block time for a meeting/ teleconference or to accommodate a change in a staff member's schedule, a new Group Education Class topic of "Blocked Timeslot" has been added to the Central Administrative Site (CAS) module under Build Master Calendar.
Compliance Buy Check printing functions have been added to staff member roles at AFS, TCC, RCPC, SERAHC, and will be added at Muni.
The Medicaid Outreach Report is available on the SPIRIT Utilities Site: https://wicspiritprod1.dhss.alaska.gov/WICSPIRITPROD1/SpiritUtilities/.

SPIRIT Tips and Reminders:

1. **!! Remember -a new food prescription dated 4/1/14 should be added to SPIRIT for participants who are still receiving Similac Sensitive. This should be done by the end of January!!**

   If the expired food prescription has not been replaced by the end of this month, there will be an error and no benefits will be printed when the system tries to print a benefit whose FDTU is beyond 4/1/14.

   If you receive this error, add a new prescription for 4/1/14 and all checks will print.

   The guidance that Jennifer provided two weeks ago is attached.
2. A reminder to:
   - Only have one staff person in a participant's folder (record) at the same time.
   - Only have one household member's folder open at a time.
   - Change breastfeeding status or amounts through the Mom's record (Infants Born from This Pregnancy).

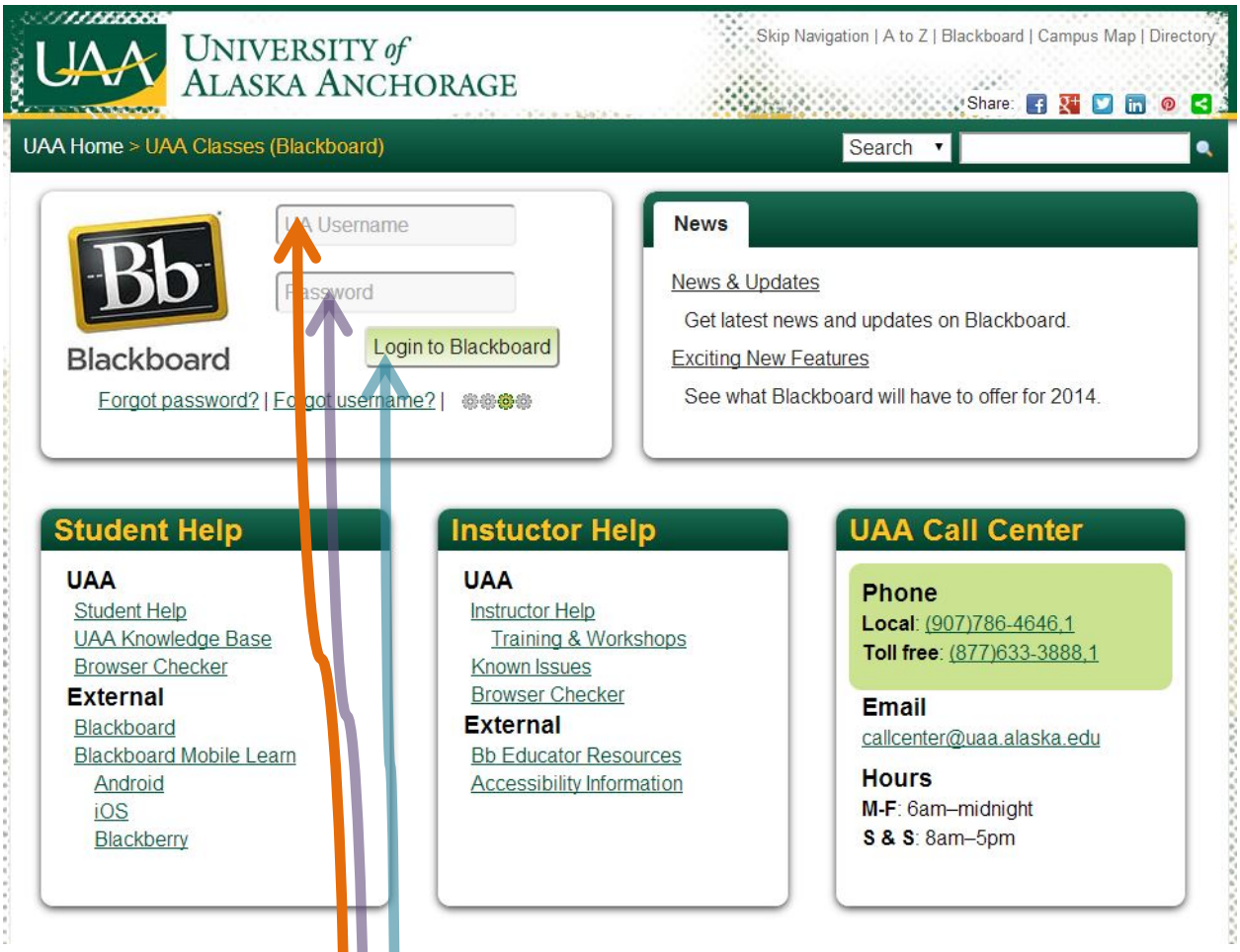
     These practices can cause difficult data problems and erroneous benefit issuance if not followed.

SPIRIT Help Desk Info:

As always send all questions, issues and errors to the WIC SPIRIT Helpdesk at wicpsirithelpdesk@alaska.gov or phone them at 907-334-4900.

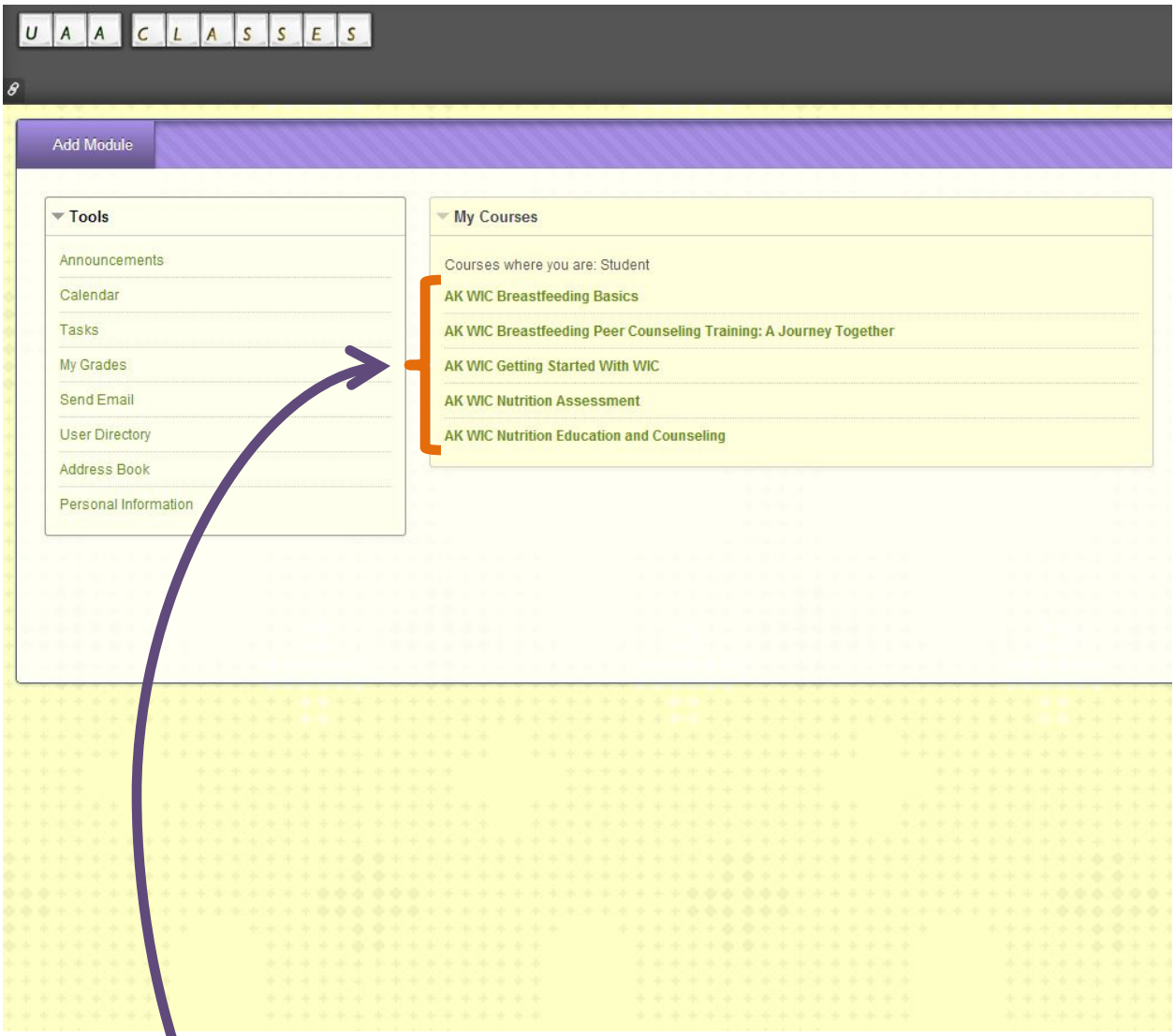
Nice To Know:

Attached is a handout , in English and Spanish, with infant information on crying and sleeping. Please contact Jennifer Johnson if you'd like to learn more about this series. Jennifer.johnson@alaska.gov



STEPS FOR LOGGING INTO BLACKBOARD

1. In the UA Username field enter “uaa_wicguest”
2. In the Password field enter “uaa_wicguest”
3. Click the “Login to Blackboard” button



Select your course by clicking on the course name.

Similac Sensitive Transition Guidance

Similac Sensitive will no longer be an AK WIC contract formula as of April 1, 2014.

Providers are being informed.

Please support and facilitate breastfeeding, the healthiest infant feeding method.

Clients receiving Similac Sensitive need to be contacted, and encouraged to transition to the WIC milk based formula, Similac Advance. Clients with full term infants can also choose the WIC contract soy formula, Prosobee.

The WIC contract formulas are appropriate for healthy infants. Most healthy, full-term infants will do well on any of the infant formulas on the market, as their composition is mandated by federal law.

- Please provide education and support to your clients on transtioning formulas, and use the handouts provided.
- At this time, AK WIC <u>will not</u> be able to offer Similac Sensitve by ENPR.

Similac Sensitive has been "expired" in Spirit as of April 1, 2014. For infants with packages that begin on or after April 1, 2014 who still have packages in Spirit for Similac Sensitive, those packages have been removed. <u>All infants receiving Similac Sensitive will need a new package entered with the April 1 date.</u>

For those printing checks tri-monthly, on or around Feb 1 issuance you should begin to see error messages in your batch printing for infants who haven't had a different package entered.

Accurate lists of clients receiving Similac Sensitive formula will be available online beginning the week of January 13. Please consult the Spirit update for the most up to date information on infants at your agency receiving Similac Sensitive.

- Our suggestion is that you begin contacting clients now, with either a phone call or when they come into the office for their next appointment. Let them know that this formula will no longer be available and talk to them about their options. Change their packages accordingly.

- If you can't reach a client, send them information on the change in formulas. Include a request that they call you to discuss the coming change and how to transition their infant. <u>Let them know the package will be changed to Similac Advanced as of April 1, 2014</u> if you don't hear from them. The letter is attached. It's a word document with a space to insert your local agency's contact information.

- If some of these infants need to transition to ENPRs for a medical formula, remember that the regular ENPR procedure must be followed and medical need must be specified by a doctor or HCP with prescriptive authority. Also consider the formulas available in your area- don't give mailed FIs for a formula a client won't be able to find on the shelf.

babies cry *for many reasons, not just because they are hungry.*

Crying is your baby's way of talking to you. Your baby cries to tell you:

I am afraid, hot or cold.
I want to be close to you.
I need to do something different.
I would like some quiet time.
I have a dirty diaper.
I need to be burped.

helpful tips

Your baby gives you signs before crying. He may:

- Turn or push away.
- Stretch out his fingers.
- Tighten muscles in face and body.

To calm your baby when he is crying:

- Hold your baby close to you.
- Watch your baby for signs of what he needs.
- Softly speak the same words or sing the same song over and over to him.
- Rock, sway or bounce your baby gently. **Never** shake your baby!
- Massage his back, arms and legs gently.

Be patient. It could take a few minutes for your baby to calm down. If you start to feel overwhelmed, put your baby down in a safe place for a few minutes and take a short break. Ask a friend or family member for help.

babies *and* sleep...

what to expect.

Babies sleep differently than adults. Some parents think their newborns should sleep all night long, which is not normal. Babies need to wake up often to grow smart and healthy.

newborns

- Sleep most of the time.
- Fall asleep easier and wake up easier than older babies.
- Wake up 3-4 times during the night.

older babies

- Sleep more at night and less in the daytime.
- Fall into a deep sleep sooner and are harder to wake up than newborns.
- Wake up at least 1-2 times during the night.

CALIFORNIA WIC WOMEN, INFANTS & CHILDREN

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IC#920120 1/09

los bebés lloran

por muchas razones, no sólo cuando tienen hambre.

Llorar es la manera en que su bebé le habla. Su bebé llora para decirle:

Tengo miedo, calor o frío.
Necesito que me cargues.
Tengo que hacer algo diferente.
Necesito tiempo tranquilo.
Tengo un pañal sucio.
Necesito eructar.

consejos útiles

Su bebé le da señales antes de llorar. Puede:

- Voltear o empujarse.
- Extender sus dedos.
- Tensar los músculos de su cara y su cuerpo.

Para calmar a su bebé cuando está llorando:

- Cargue a su bebé cerca de usted.
- Observe a su bebé para ver las señales de lo que necesita.
- Repita suavemente las mismas palabras o la misma canción.
- Acune o meza a su bebé con movimientos suaves. ¡**Nunca** sacuda a su bebé!
- Masage suavemente su espalda, brazos y piernas.

Sea paciente. Puede que su bebé necesite algunos minutos para calmarse. Si usted empieza a sentirse abrumada, acueste a su bebé en un lugar seguro por unos pocos minutos y tome un corto descanso. Pida ayuda de un amigo o un familiar.

los bebés *y* el sueño...

qué debe esperar.

Los bebés duermen diferente que los adultos. Algunos padres piensan que sus bebés recién nacidos deben dormir toda la noche, lo que no es normal. Los bebés necesitan despertarse a menudo para crecer inteligentes y saludables.

los bebés recién nacidos

- Duermen la mayoría del tiempo.
- Se duermen más fácil y se despiertan más fácil que los bebés más grandes.
- Se despiertan 3 a 4 veces durante la noche.

los bebés más grandes

- Duermen más durante la noche y menos durante el día.
- Se duermen profundamente más rápido y son más difíciles de despertar.
- Se despiertan por lo menos 1 a 2 veces durante la noche.

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Mark B Horton, MD, MSPH, Director del Departamento de Salud Pública de California
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