



Washington WIC – Certifier Competency Training Worksheet

7. Nutrition Assessment and Risk Assignment

Competency	Certifier is able to:	Training Requirements
<ul style="list-style-type: none"> • Complete an assessment to discover participant’s nutrition needs and determine risk eligibility. • Use critical thinking to gather and analyze assessment information. 	<ul style="list-style-type: none"> • Set the agenda • Begin with an introductory statement about assessment. • Ask bolded assessment questions based on participant’s category, age, and feeding practices. • Use open-ended questions to learn about the participant’s nutrition status, eating and feeding practices, concerns and interests. • Use probing questions to clarify information and get a more complete picture of the participant. • Assign nutrition risks and document risk notes when needed. • Ask questions to make sure a medical provider diagnosed medical conditions reported by the participant. • Determine when to use the “Not meeting dietary or feeding guidelines” risks. • Match the priority of breastfeeding participants and babies. • Refer to the Registered Dietitian Nutritionist (RDN) when a participant: <ul style="list-style-type: none"> ○ Is identified with a high risk criteria ○ Has nutrition needs where seeing a RDN is valuable. ○ Requests a RDN appointment. 	<p>1. Complete the following in the Learning Center (LC)</p> <ul style="list-style-type: none"> • DOH STATE WIC Nutrition Assessment Training • DOH STATE WIC Nutrition Risk Assignment • DOH STATE WIC Nutrition Assessment Post-Test - Complete the post-test with 80% or higher score • DOH STATE WIC Lead Screening and Referral • DOH STATE WIC Immunization Screening and Referral <p>2. Review all information below:</p> <p>WIC Manual - Volume 1</p> <ul style="list-style-type: none"> • Chapter 11-Assessment • Chapter 14-Nutrition Risk Criteria • DRAFT Chapter 18-Certification: <ul style="list-style-type: none"> ○ Read Section 2 - Certification Requirements – Separation of Duties <p>Staff Tool</p> <p>Assessment Questions</p>

Competency	Certifier is able to:	Training Requirements
	<ul style="list-style-type: none"> • Wait to offer education until assessment is completed. Include: <ul style="list-style-type: none"> ○ Assessment questions answered ○ Growth or weight gain assessed, when available ○ Blood test results evaluated, when available • Document key information throughout the Cascades system: <ul style="list-style-type: none"> ○ Relevant responses to Assessment Questions ○ Identified medical and/or nutrition risk(s) ○ Health or diet concerns relevant to nutrition assessment • Follow separation of duties policy. 	
<p>Additional Training Resources</p> <ul style="list-style-type: none"> • Core WIC Training - Nutrition Risk Assessment 		

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