



Week ending issue: September 13, 2013 – Issue #184

Policy

From the WIC Services Policy and Procedure Manual – 215.80 Diet History Procedure

It is strongly recommended that all pertinent diet history questions are asked of each applicant. However, the CPA can exercise professional discretion about which questions to ask based on the following:

- The applicant’s risk profile (i.e., presence of a medical nutrition risk);
- Relevance of each question to the applicant’s age, developmental status and/or categorical status; and
- Previous response(s) to the same question.

Any health professional that can function as a competent professional authority (CPA) can complete diet histories (see Policy 310.08).

Note: The Iowa WIC Program strongly encourages local agencies to employ licensed dietitians to provide this service.

Information



Communication & Rapport Building Skills Workshop

Attached at end of the Friday Facts is the Agenda and Registration for the “Communication & Rapport Building Skills Workshop on October 29, 2013.

Dates to Remember

2013

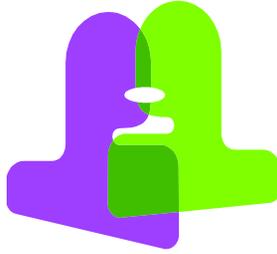
- Communication and Rapport Building Workshop – October 29, 2013

New Employee Training Go-to-Meeting

- NETC Go-To-Meeting (All new staff) – October 10, 2013 from 8:30-11:30
- NETC Go-To-Meeting (Health Professional) – October 17, 2013 from 8:30-11:30
- NETC Go-To-Meeting (Support Staff) – October 24 from 8:30-11:30

Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Enfaport	87 – 8 fl oz cans	11/1/13	North Iowa Community Action	Carla Miller 641-423-5044
Neosure RTU	2 cases (6-1Q) plus 3 bottles	1/2014	Mid Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Pregestimil	5 cans (16 oz) powder 1 can (16 oz) Powder 10 cans (16 oz) Powder	1/2014 7/2014 9/2014	Upper Des Moines Opportunity	Tammy Chapman 712-859-3885 Ext. 110
Peptamen Jr.	8 cases of 24 15 cans	6/2014 5/2014	Mid-Sioux Opportunity	Glenda Heyderhoff 712-786-3488
Duocal	1 can – 14 oz	April 2016	Mid-Sioux Opportunity	Glenda Heyderhoff 712-786-3417



Communication & Rapport Building Skills Workshop October 29, 2013

A quality WIC nutrition assessment contains elements of both art and science to collect, evaluate and interpret the information provided by participants. Effective communication and rapport building skills foster a sense of trust and help build a relationship between participants and WIC staff. When participant-centered assessment and education techniques are used to encourage dialogue and feedback, quality information is collected for the assessment that contributes to individualized services addressing specific needs and interests. This interactive workshop for WIC nurses and dietitians will strengthen communication and rapport building skills.

Agenda

- 8:15 Registration
- 8:30 Setting the Stage for Quality Nutrition Services
- 8:45 Using Stages of Change in Nutrition Assessment
- 9:30 Stretch Break
- 9:45 OARS and 3-Step Counseling
- 10:30 Motivational Interviewing
- 11:15 Emotion-Based Counseling
- 11:30 Rolling with Resistance and Jumping over Barriers
- 12:00 Lunch
- 1:00 Putting it All Together with PCE
- 1:30 Discussion
- 1:45 Putting Everything to Work-Introduction
- 2:00 Activities (Break Included)
- 3:30 CEU's and Adjourn

Speakers

Patricia Hildebrand, MS, RD, LD, Nutrition Education Coordinator, IDPH
Kimberly Stanek, RD, LD, Community Health Consultant, IDPH
Brandy L. Benedict, M.B.A., Management Analyst, IDPH

This workshop is sponsored by the Iowa Department of Public Health (IDPH), WIC Program.

Objectives

- Define rapport building and describe its use in nutrition assessment.
- Describe how to use the various approaches in nutrition assessment and education.
- Identify a participant's stage of change and suggest appropriate counseling strategies.

- Identify barriers to communication and develop strategies to overcome them.
- Demonstrate non-verbal communication techniques that result in positive communication.
- Suggest at least one way to use the assessment ruler in nutrition assessment and counseling.

Location

The workshop will be held at the Ankeny campus of the Des Moines Area Community College. The workshops will be in the Conference Center — Building 7 in the Maple and Oak Rooms. Parking is available at no charge. A map of the campus and directions to the campus are attached to this agenda.

Registration

The registration fee for each workshop is \$40.00. This fee covers lunch, breaks and print materials. You may register by:

- Mail using the enclosed registration form or
- Telephone by calling (515) 964-6800 or 1-800-342-0033.

Space is limited to 45 participants. Pre-registration is required by October 22.

This event would only be cancelled due to natural or political catastrophes with notice provided to all registrants via phone and email.

Continuing Education

- 0.62 CEUs have been approved for nurses through Nursing Provider Number 22.
- Certificates of attendance will be provided to dietitians.

To receive a certificate of attendance, nurses and dietitians must attend the session in full.

Breastfed Infants Welcome

Mothers may bring quiet breastfeeding babies less than 6 months of age to the workshops. Due to the professional nature of the sessions, mothers are expected to care for their babies outside the meeting room when needed. Mothers are strongly encouraged to bring a support person along to provide baby care outside the meeting room.

Questions?

If you have questions about registration, please call (515) 964-6353. For questions about the agenda, please call (800) 532-1579 and ask for Pat.

REGISTRATION

Communication & Rapport Building Skills Workshop
AHNE 993 CRN 17896

October 29, 2013

Name: _____

Address: _____

Agency: _____

Daytime phone: _____

Social Security #: _____

Email address: _____

The registration fee is \$40 for this workshop. Please make checks payable to Des Moines Area Community College.

Send this form and payment by October 21, 2013 to:

Des Moines Area Community College
Registration Building 1
2006 Ankeny Blvd.
Ankeny, Iowa 50021