

Week ending issue: September 25, 2015 – Issue # 265

Policy

From the WIC Services Policy and Procedure Manual – 360.65 Infection Control Guidelines, Blood Collection

Use **only** disposable lancets and platforms.

Needles must **not** be:

- Recapped
- Deliberately bent
- Broken
- Removed from disposable syringes, or
- *Otherwise manipulated by hand.*

Place used needles, stylets, capillary tubes and micro-cuvettes in a puncture-resistant container (metal or heavy plastic) and tape the lid shut.

Note: Check with your county board of health for OSHA disposal policies.

Place laboratory specimens that require transport in an appropriately labeled container with a secure lid, and place the container in a leak-proof container.

Discard body fluids such as urine or blood in a toilet.

Information

Communication and Rapport Building Workshop

Please see the information for the Communication and Rapport Workshop on October 28th, 2015 at the end of this Friday Facts.

Focus Nutrition Interviews

The Nutrition Interviews from Focus have now been posted to the Training section on the WIC Web Portal.

The Nutrition Interview section of Focus combines health and diet questions similar to those found in IWIN with new questions and prompts added to help build rapport with

participants. Reviewing the interviews will help you become familiar with what questions you will be asking in Focus.

[Logout](#)



Agency Portal

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Training Home

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Substance Use Prevention Screening, Education, and Referrals

Substance Use Prevention Screening, Education, and Referral Resource Guide for Local WIC Agencies

This new resource replaces the existing manual, Providing Drug Abuse Information and Referrals in the WIC Program: A Local Agency Resource Manual. Like the previous manual, the new resource guide is designed for WIC agency staff to help integrate alcohol, drug and other harmful substance use related information and referral elements into their clinic activities. It contains a wealth of available resources and links to access a variety of appropriate educational materials for WIC participants and training materials for WIC staff.

<http://wicworks.nal.usda.gov/topics-z/substance-abuse-guide>

Focus Resources

This section provides links and information that are a part of the new Focus system.

- [Creating a New Family](#)
- [Navigation Basics](#)
- [Search Function in Focus](#)
- [Certification of a Child](#)
- [eWIC Functional Demo Webinar 8.27.15](#)
- [Nutrition Interview Questions](#) 📄
- [IWIN vs Focus Quick Comparison Guide](#) 📄
- [Model Food Package Name Change Guide](#) 📄
- [eWIC is Coming! \(11x17 request editable version from the state\)](#) 📄
- [Calendar Month Insert](#) 📄

Training Announcement

Information security awareness training is an annual requirement for state employees, contractors, volunteers and partners. The Iowa Department of Public Health is requiring that staff, contractors, volunteers and partners complete the Securing the Human online training.

The Securing the Human security awareness training takes approximately 1.25 hours and covers the following topics:

Introduction	Working Remotely
You Are the Target	Insider Threat
Social Engineering	Physical Security
Email and Messaging	Protecting Your Computer
Browsing	Protecting Kids Online
Social Networks	Hacked
Mobile Device Security	HIPAA
Passwords	PII
Encryption	Data Retention
Data Security	Federal PII
Data Destruction	Social Security Numbers
Wi-Fi Security	Summary of Training (End)

Logging into the Training:

You will receive an email with “Securing the Human” in the subject line and a link to the training website <https://vle.securingthehuman.org/login/> .

Completing the Training:

When you log in to the training site you will see a list of all modules to be completed. Click on the training module to view the training.

You may log out of the site between modules. The training will highlight the next module to be completed. Once you have successfully completed all modules you will get a completion certificate.

You must complete the training by October 31, 2015.

WIC Staff Bios**Diana Van Blair RD at Mid Iowa Community Action-**

- I graduated from Millard West High School in 2006 in Omaha, NE.
- I graduated from Northwest Missouri State University in 2010 with a bachelor’s degree in Dietetics.
- I did my Dietetic Internship through Iowa State University in 2014 and became a Registered Dietitian in February 2015.
- I was telemarketer for 1 summer in college, I have worked as a diet aid at Montclair Nursing Home and Rehab for 2 summers during college, and for 4 years I was a Diet Tech at Children’s Hospital in Omaha and now I am a Registered Dietitian here at WIC in Marshalltown!

Name a fun fact about yourself!

- I am going to Africa for 2 weeks next June for a mission trip!

What is your favorite color?

- Blue

What is the weirdest food or favorite you have every eaten?

- The weirdest food I have ever eaten was alligator.

If you could go anywhere in the world where would it be and why?

- I would love to travel the world so that I could experience as many cultures as possible.

What are your favorite quote/words to live by?

- Whatever you do, work at it with all of your heart, as working for the Lord, not human masters.

How long have you worked at WIC?

- 5 months

What made you want to work at WIC?

- When I got into dietetics, I knew I wanted to work in Community Nutrition and during my internship I really enjoyed working at the WIC office. Personally, I feel like I could make the greatest impact working at a place like WIC.

What is your favorite part about working here?

- Getting to see all of the little babies and seeing them grow and make progress towards a healthy lifestyle at their young age.

What is the most important tip you would give to people about WIC?

- Ask as many questions as you want to. We are hear and will do our best to help you in any way we can.

Thank you of the Week

"The support I received from WIC changed my life." ~WIC Participant

Participant Centered Services

We've all been there; you have a client who seems to be in a real hurry to leave or maybe clinic is very busy and running behind schedule. When you have very little time take a deep breath and clarify the limitations. Negotiate for what time you have and then accept it. "Generally I find it takes 10-15 minutes to address this fully but if you feel you only have 5 minutes to focus on this right now let's see what I can help you with in that time."

eWIC/Focus Update

Currently, stores program their registers on what items are WIC approved. When we move to eWIC, we will be sending stores an APL (Approved Product List) file that will contain UPCs for all approved WIC

foods. On September 28th, stores that are located in the pilot agency will be receiving the APL file. It is very likely that the larger stores will be sending this file to their other stores throughout the state of Iowa around this same time. If a store uses this file, it will be used to determine whether the product the participant is purchasing is a WIC approved item, even if the participant is using checks.

Find Us on Facebook



<https://www.facebook.com/IowaWIC>

Dates to Remember

2015 ****note highlighted dates and topics indicate a change from the usual****

New Employee Training Go-To Meeting

- NETC Go-To- Meeting (All New Staff) – November 12, from 8:30-11:30
 - NETC Go-To-Meeting (Health Professional) – November 18, from 8:30-11:30
 - NETC Go-To-Meeting (Support Staff) - November 19, from 8:30- 11:30
- **Please note the dates in November.**

Core Trainings

- Communication and Rapport: October 28, 2015

Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Nutren Jr. w/Fiber (Vanilla)	78 (3 cases + 6 individual containers)	9/2015	Marion County Public Health	Jessica Johnson 641-828-2238 x225
Neocate Junior	11 cans	9/2015	Mid Iowa Community Action	Sierra Steven 515-232-9020, ext. 105
Neocate Infant	20 cans	2: 11/2015 1: 1/2016 16: 2/2016 1: 8/2016	Mid Iowa Community Action	Sierra Stevens 515-232-9020, ext. 105
Powdered Pregestimil	5 cans	11/1/2015	Operation Threshold	Sue Burnett 319-292-1827
Powdered Nutramigen	3 Containers 8 Containers	11/2015 12/2015	Operation Threshold	Sue Burnett 319-292-1827
Powder Nutramigen Toddler with Enflora LGG	7 – 12.6 oz Container 20 - 12.6 oz	11/1/2015 2/1/2016	Mid-Sioux Opportunity	Amy Kreber 712-786-3488

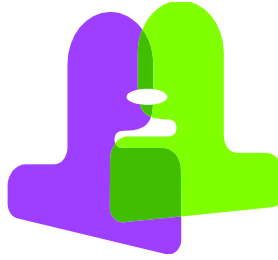
Product	Quantity	Expiration Date	Agency	Contact
	Container			
RCF Concentrate	26- 13 oz cans	2/1/16	Broadlawns	Rose Logan 515-282-6717
Peptamen Junior 1.5 Cal	114 – 250 ml containers	3 – 6/2016	HACAP	Angela Munson 319-366-7632
Enfaport	17 – 6 packs of 6 oz containers	4/1/16	HACAP	Angela Munson 319-366-7632
Pediasure 1.5 cal Vanilla	65- 8oz cans	6/1/2016	Broadlawns	Rose Logan
Pediasure 1.5 with Fiber	4 cases	8/2016	Mid-Iowa Community Action	Sierra Stevens 515-232-9020, ext. 105
Calcilo XD	1 can	2/2017	Broadlawns	Kathy Flagg 515-263-5660
Powder Infant EleCare Amino Acid Based Infant Formula with Iron	5 – 14.1 oz cans	3/2017	North Iowa Community Action	Janelle Pansegrau 641-423-5044 x35
Similac PM 60/40	7 cans	5/2017	Webster County	Kathy Josten 515-573-4107
Complete Amino Acid Mix	1 can	10/21/2017	Mid-Iowa Community Action	Sierra Steven 515-232-9020, ext. 105

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

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Communication & Rapport Building Skills Workshop October 28, 2015

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 Assessments- Nikki
- 8:45 Using Stages of Change in Nutrition Assessment-Kimberly
- 9:30 Stretch Break
- 9:45 OARS and 3-Step Counseling- Nicole
- 10:30 Motivational Interviewing-Nikki
- 11:15 Emotion-Based Counseling-Kimberly
- 11:30 Rolling with Resistance and Jumping over Barriers- Kimberly
- 12:00 Lunch
- 1:00 Putting it All Together with PCE-Holly
- 1:30 Western Region WIC PCE Video- “WIC Recertification Appointment” and “Providing Feedback”- Nikki
- 2:00 Putting Everything to Work-Activities-Kimberly (break included)
- 3:30 CEU's and Adjourn

Speakers

Nikki Davenport RD, LD, Nutrition Services Coordinator, IDPH
Nicole Newman, RD,LD, Community Health Consultant, IDPH
Kimberly Stanek, RD, LD, Community Health Consultant, 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 Building 24- rooms 201 and 203. 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 or
- Register online at <https://ce.dmacctraining.com/dmacc2/public/store/search.do?navigator=search&coursetype=EVNT&searchInitLetter>

Space is limited to 45 participants. Pre-registration is required by October 21.

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) 256-4908. For questions about the agenda, please call (800) 532-1579 and ask for Nikki.

REGISTRATION

Communication & Rapport Building Skills Workshop AHNE 993 CRN 18372

October 28, 2015

Name: _____

Address: _____

Agency: _____

How did you hear about this workshop?

Required for new WIC employee Received information from MCH Agency

Daytime phone: _____

Social Security #: _____

Email address: _____

Please check the box below if you would like a vegetarian meal. The meal may contain dairy products.

_____ I would like a vegetarian meal

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

Temperature in this room may be variable, please bring a sweater. There is a drinking fountain and vending machines in the building. Please notice the change in location. This workshop is in Building 24 Room 201.

Register online at

<https://ce.dmacctraining.com/dmacc2/public/store/search.do?navigator=search&coursetype=E VNT&searchInitLetter> or **Send this form and payment by October 21, 2015 to:**

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

ANKENY CAMPUS

