

**Week ending issue: September 4, 2015 – Issue # 264**

**Policy**

**From the WIC Services Policy and Procedure Manual – 360.65 Infection Control Guidelines**

Because a variety of infections can be transmitted whenever health care is performed, care must be taken to protect both the health care worker and the participant. Basic infection control guidelines must be followed. This includes using universal precautions when finger-sticks, heel-sticks, immunizations and other procedures dealing with body fluids are performed, and also when cleaning surfaces and items that have come in contact with body fluids. This policy outlines precautions against the transmission of bloodborne pathogens such as HIV infection (AIDS) and other communicable diseases.

This policy contains the following topics.

Topic
Hand Washing and Disposable Gloves
Blood Collection
Cleaning Clinic and Equipment
Cleaning and Disinfecting Toys
Respiratory Hygiene/Cough Etiquette

**Information**

**Basking Babies’ 2015 Conference**

The Annual Basking Babies Fall Conference is to be held on Friday, November 6. The title of the conference is “Breastfeeding in Challenging Situations” and the topics will include: ‘Lactation Support for the Preterm and Late Preterm Baby’, presented by the main speaker Chris Clark, RCP, RMT, IBCLC and ‘Promoting Optimal Breastfeeding in the Latino Community’, presented by Lic. Roberta Graham de Escobedo, BA, IBCLC, FILCA. This conference is .81 CEUs for nurses and 6.75 hours for dietitians. Please see the conference flyer at the end of the Friday Facts.

## WIC Staff Bios

Get to know your WIC Staff from all across the state! Today meet Karla Hynes, WIC Coordinator for MATURA:

Give me a quick biography of your life- Where you went to high school, college, what you studied in, different jobs, married with kids? Whatever you want!

- I went to high school in Mount Ayr and college at Grand View University. I graduated with a BSN in 1984 and went back and receive a BA in mass communication, graduating in 1997.
- I've been married 23 years to Jerry, the most patient man in the world.
- We have a sheltie, who is so sweet we named him Duncan, making him... Duncan Hynes!
- I've been to 49 states (missing New Mexico) and 6 continents (missing Antarctica)

Name a fun fact about yourself!

- I have actually run a marathon and I have my own radio show that airs every Sunday morning called, "Pass It On."

What is your favorite color?

- Pink

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

- Kangaroo – when we were in Australia. It's pretty chewy.

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

- Israel, so I can walk where Jesus walked.

What are your favorite quote/words to live by?

- Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him and He will make your paths straight.

How long have you worked at WIC?

- 2 years

What made you want to work at WIC?

- It gives us an opportunity to positively impact the health of some of the most vulnerable segments of the population – infants and children

What is your favorite part about working here?

- We get to see precious babies, adorable children and hard-working moms every single day. And I have the privilege of working with some of the most wonderful people I have ever known.

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

- Take advantage of the professional staff you meet at your WIC appointment. There are very few places where you can sit knees to knees with a dietician or and RN and ask questions. They are an enormous resource.



## *Thank you of the Week*

### **WIC Shout Out**

WIC saved my son's life with their iron screening test. Our two year old son had been very sick. He was weak, lethargic, wouldn't eat and had severe diarrhea. A medication was prescribed to help with the diarrhea. However, he was not getting better. About a week later, during a follow-up, the doctor continued to tell us that it was probably just a stomach virus and to keep an eye on him. He continued to have diarrhea, was still weak and extremely pale. After a third visit to the doctor with the same symptoms the doctor never ordered stool samples or blood tests even after we introduced the idea.

Luckily for us, soon thereafter, we attended a scheduled WIC appointment...During this appointment, WIC checked our kid's weight, height and iron levels. As soon as we saw his blood, we knew something was wrong...the WIC agency said that they had never seen such low levels...WIC staff called the pediatrician and they instructed us to drive immediately to the hospital and not to stop for anything. He was admitted to the Oncology floor and more blood tests were done. In a matter of minutes, a specialist informed us that an immediate blood transfusion should be started. During three days, he received three blood transfusions.

We know that without that scheduled WIC appointment, where his iron levels were checked, he wouldn't be with us today. It is still so unbelievable to imagine how severe that illness had been. Our son probably wouldn't have lasted one more day if we had missed our WIC appointment that day. It was also so comforting how these women would call me at home to follow up on how he was doing. WIC is a blessing of a lifetime. It saved my son's life. --WIC Participant

## *Participant Centered Services*

Oregon WIC's Definition of Participant Centered Services:

Participant centered education (PCE) focuses on people's capacities, strengths and developmental needs – not solely on their problems, risks, or negative behaviors. Check out for more information.

[https://public.health.oregon.gov/HealthyPeopleFamilies/wic/Documents/orwl/skills\\_cards.pdf](https://public.health.oregon.gov/HealthyPeopleFamilies/wic/Documents/orwl/skills_cards.pdf)

## *eWIC/Focus Update*

As we continue to progress with data conversion from IWIN to Focus, we are requesting that you do not create new column names in IWIN Scheduler. The data conversion scripts for columns have been completed and we are doing final testing of the conversion.

## 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) – September 10, from 8:30-11:30
  - NETC Go-To-Meeting (Health Professional) – September 17, from 8:30-11:30
  - NETC Go-To-Meeting (Support Staff) - September 24, from 8:30- 11:30
  - 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

- Infant/Child Nutrition: September 1, 2015
- 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 Container	11/1/2015 2/1/2016	Mid-Sioux Opportunity	Amy Kreber 712-786-3488
RCF Concentrate	26- 13 oz cans	2/1/16	Broadlawns	Rose Logan 515-

<b>Product</b>	<b>Quantity</b>	<b>Expiration Date</b>	<b>Agency</b>	<b>Contact</b>
				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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# Basking Babies' 2015 Conference

## Breastfeeding in Challenging Situations

November 6, 2015: 8:45 a.m. - 5:00 p.m. (Registration begins at 8:15 a.m.)

Grace Community Church 877 NE 64th St. Pleasant Hill (Des Moines), 50327



**Intended Audience:** IBCLCs, Physicians, Dietitians, Nurses, Speech Therapists, Midwives, Nurse Practitioners, Doulas, LLL Leaders, Chiropractors, Peer Counselors, and other interested healthcare professionals

**Purpose:** This conference will provide information on challenging breastfeeding situations: the preterm and late preterm infant and how to promote optimal breastfeeding in the Latino community.

### Objectives:

- Define the common barriers to exclusive breastfeeding or breastmilk feeding in the preterm and late preterm infant.
- Discuss evidence-based strategies to overcome barriers and learn practical sustainable solutions.
- Review the benefits of kangaroo care for the premature and late preterm baby.
- Describe and/or demonstrate hand expression, pumping and hands-on pumping.
- Discuss strategies to improve breastfeeding in the Latino population.

**Cost:** Early bird registration fee (before October 10<sup>th</sup>) is \$80 per person, which includes lunch and snacks. (Refunds are not available.)

**Continuing Education:** Nurses will be awarded 0.81 CEUs Iowa Board of Nursing Provider #17. Full attendance is required. No partial credits will be given. **Dietitians:** 6.75 contact hours. **IBCLC:** L-cerps applied for. Certificate of completion will be given to all attendees.

### Other details:

- The massage therapist will be returning again this year. You can enjoy a CHAIR MASSAGE from Tender Touch Massage anytime throughout the conference (\$1/minute).
- Babies in arms are welcome and there is a cry-room available where you can hear and see the presentation if needed.
- Display tables from various businesses in Iowa and drawing for prizes.

To register visit: [www.basking-babies.com/2015-conference-registration.html](http://www.basking-babies.com/2015-conference-registration.html)

### Speaker Information:

**Chris Clark (RCP, RMT, IBCLC) presents Lactation Support for the Preterm and Late Preterm Baby.** Chris has been an International Board Certified Lactation Consultant since 1999. She has spent almost three decades counseling nursing women - with involvement in La Leche League, mother support groups, high risk birthing centers, rural hospitals, and as a WIC peer counselor. She has worked as a doula, respiratory therapist, and cardiac rehab specialist. Chris is credited with bringing Kangaroo Care to the United States after her last child was born prematurely at United Hospital in St. Paul. After her successful piloting and advocacy of this treatment, the hospital began a program to encourage other parents to try skin to skin to improve outcomes for premies. As the founder and director of BlessingWay Family Services, she has developed and implemented numerous initiatives including mother to mother mentoring programs, promotion of kangaroo care, and mentoring aspiring Lactation Consultants.

**Roberta Graham de Escobedo (BA, IBCLC, FILCA) presents Promoting Optimal Breastfeeding in the Latino Community.** Roberta has been an International Board Certified Lactation Consultant since 1995. Originally from the Chicago area, Roberta has an understanding of both the U.S. and the Mexican Culture - in city and village settings. She serves as a bridge for assisting healthcare providers to better understand the Latino perspective with a view to improving the quality of care offered and increasing prevalence of breastfeeding in the Latino population. She is in private practice and also lectures at several universities and schools in Merida, Yucatán. Roberta has served on the Board of Directors of the International Lactation Consultant Association (ILCA) for the past eight years and is now the President of the newly formed ASSOCIATION OF CERTIFIED LACTATION CONSULTANTS OF MEXICO (ACCLAM).

Visit [www.basking-babies.com](http://www.basking-babies.com) or contact Angela at [lactationlady@live.com](mailto:lactationlady@live.com) | 515-210-1868