

PCE Individual Education: Overview

Nutrition Assessment and PCE

Steps

Preparation and Starting the Conversation

- Review existing INEP notes
- Warm welcome: (name, position, length of session, purpose, ask permission)
- Get ht/wt (if missing)
- Sit down with participant (ppt)
- Start with Strengths (what's gone well for you lately?)

Assessment *(Assess for eligibility and education)*

- Review Nutrition Questionnaire (NQ) (complete if needed)
- Review other paperwork (medical referral forms, etc.)
- Enter information into WIC MIS (as needed)

Choose a Topic(s) to Discuss Together

- Review all written information **and** anything the ppt has said
- Review ht/wt, blood and nutrition assessment with ppt (if needed) using Explore/Offer/Explore (E/O/E)
- Decide if you have all the information you need – if not, ask Open-ended Questions to find out more information
- Use "How to Choose a Topic Together" guide

Continue a Conversation

- Ask ppt about the topic (why they picked it, what they know about it)
- Explore possible motivations to change
- Consider offering information using E/O/E

Completion

- Ask about next steps
- Summarize
- Follow up: decide what should happen next time
- Complete INEP documentation, including "Next Steps"
- Complete WIC MIS
- Set next appointment
- Send checks to print list

Principles

Empathy/Compassion
 Respect
 Safety
 Engagement
 Voice
 Strength-based Approach
 Collaboration
 Ambivalence
 Relevance
 Prioritizing Needs
 Cultural Competence

Techniques

Listen (with Silence & Pausing)
Open the Conversation
Asking Permission
Affirmation
Open-ended Questions
Explore/Offer/Explore
Reflection
Choose a Topic Together
Change Talk
Motivation
Summarizing
Learning Styles

How to Choose a Topic Together

