

Sample Protocol for Infants and Children  
Low Birth Weight (A50) and Very Low Birth Weight (A49)

Definition	<ul style="list-style-type: none"> <li>• Low birth weight (LBW) for infants is &lt; 5lbs, 8 oz (2500 g)</li> <li>• Very low birth weight (VLBW) for infants and children is &lt; 3 lbs 5 oz (1500 g)</li> </ul>
Objective	Promote adequate nutrition and make necessary referrals for optimal growth, development and health.
Instructions for Staff	<ol style="list-style-type: none"> <li>1. Review Nutrition Questionnaire/ISIS Summary Screen to determine eligibility.</li> <li>2. Determine potential topic(s) for nutrition education/referral</li> <li>3. Have a conversation with the parent/guardian of the participant to identify what they are interested in discussing or learning about within the parameters of the participant's category, developmental stage, and health /nutrition risks.</li> <li>4. Provide Healthy Lifestyle Messaging and /or information about the risk condition, as appropriate.</li> <li>5. Work with participant to identify constructive "next steps"</li> <li>6. If the Summary Screen shows an "N", ask the participant about seeing a Nutritionist to answer questions about the identified medical condition.</li> <li>7. Document the nutrition education contact in ISIS.</li> <li>8. Make referral(s) and schedule follow-up as needed</li> </ol>
Possible Assessment Information	<ul style="list-style-type: none"> <li>• Birth weight/length</li> <li>• Current weight, height/length and percentiles</li> <li>• Gestation-Adjusted Age (see GEST AGE on the ISIS growth chart)</li> <li>• Low or Very Low H/H</li> <li>• Current medical conditions</li> <li>• Developmental delays – sucking and swallowing reflexes</li> <li>• Therapeutic formula</li> <li>• Breastfeeding</li> <li>• Diet history and feeding skills</li> <li>• What does health care provider (HCP) say about low birth weight?</li> </ul>
Other Possible Topics for Discussion (Focus on Healthy Lifestyle Messaging)	<ul style="list-style-type: none"> <li>• Growth pattern</li> <li>• Breastfeeding support</li> <li>• Introduction of solids based on developmental ability, not age</li> <li>• Reinforce recommendations given by HCP</li> </ul>
Refer to the Nutritionist if participant agrees	<ul style="list-style-type: none"> <li>• If birth weight is less than 1800 gm</li> <li>• If poor growth or developmental delays</li> <li>• If the participant presents a prescription for therapeutic formula; and/or</li> <li>• If additional clinical codes include Preterm Birth or SGA</li> </ul>
Possible Triggers for Referrals to the Nutritionist	<ul style="list-style-type: none"> <li>• Poor digestion, gastrointestinal issues</li> <li>• Feeding issues sucking or swallowing reflexes</li> <li>• Concern over growth pattern - problems gaining weight</li> <li>• Breastfeeding problems identified (refer to lactation counselor)</li> <li>• Does the participant have medical or social issues beyond the scope of the counseling session?</li> </ul>
Possible Referrals for outside WIC	<ul style="list-style-type: none"> <li>• Health Care Provider or Public Health Nurse</li> <li>• Food Bank/Food Stamp</li> <li>• Parenting Resource Network classes/ Support Groups</li> <li>• March of Dimes: <a href="http://www.marchofdimes.com/prematurity/21194.asp">http://www.marchofdimes.com/prematurity/21194.asp</a></li> </ul>
Suggested Education Materials	
<ul style="list-style-type: none"> <li>• Feed Me Birth to 6 Months</li> <li>• Feed Me 6 to 12 Months</li> <li>• Sample Menus for Older Babies 8 to 12 months</li> <li>• Sample Menus for Older Babies 10 to 12 months</li> </ul>	<ul style="list-style-type: none"> <li>• Feeding Your 1 to 3 Year Old or 4 to 5 Year Old</li> <li>• Healthy Choices for Kids</li> <li>• Time For a Cup</li> <li>• Playing with Your Baby/Toddler</li> </ul>