

Sample Protocol for Infants and Children
Recent Major Surgery or Trauma (C51)

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| Definition | Major surgery, trauma, or burns severe enough to compromise nutritional status. Any occurrence \leq 2 months may be self-reported or if it was $>$ 2 months previous must have the continued need for nutritional support diagnosed by a physician or someone working under the orders of a physician's. | |
| Objective | To improve nutritional status and health and to support optimal growth and development. | |
| Instructions for Staff | <ol style="list-style-type: none"> 1. Review Nutrition Questionnaire/ISIS Summary Screen to determine WIC eligibility. 2. Determine potential topic(s) for nutrition education/referral 3. Identify which topics parent/caretaker is interested in discussing or learning about within the parameters of the participant's category, developmental stage, and health /nutrition risks. 4. Provide Healthy Lifestyle Messaging and /or information about the risk condition, as appropriate. 5. Work with participant to identify constructive "next steps" 6. If the Summary Screen shows an "N", ask the participant about seeing a Nutritionist to answer questions about the identified medical condition. 7. Document the nutrition education contact in ISIS. 8. Make referral(s) and schedule follow-up as needed | |
| Possible Assessment Information | <ul style="list-style-type: none"> • Birth weight/length • Current weight, height/length • Percentiles/pattern of growth • Current medical conditions/medications • What does health care provider (HCP) say about nutritional needs? • Feeding method: breast, bottle or combination • Environment/Food sanitation practices | |
| Possible Topics for Discussion (Focus on Healthy Lifestyle Messaging) | <ul style="list-style-type: none"> • Educate parent/caregiver on appropriate use of food package • Reinforce recommendations given by HCP • Breastfeeding support • Formula preparation, storage and sanitation | |
| Refer to the Nutritionist | <ul style="list-style-type: none"> • If the participant presents a prescription for therapeutic formula • If poor growth or developmental delays | |
| Possible Triggers for Referrals to the Nutritionist | <ul style="list-style-type: none"> • Difficulty eating a balanced, healthy diet with adequate calories during recovery period or any nutritional problem. • Breastfeeding problems identified (refer to lactation counselor) • Does the participant want to see the RD? • Does the participant have medical or social issues beyond the scope of the counseling session? | |
| Possible Referrals for outside WIC | <ul style="list-style-type: none"> • Health Care Provider • Public Health Nurse • Food Bank/Food Stamp • March of Dimes • California Children's Services (CCS) | |
| Suggested Education Materials | | |
| <ul style="list-style-type: none"> • Feed Me Birth to 6 Months • Feed Me 6 to 12 Months • Sample Menus for Older Babies 8 to 12 months • Sample Menus for Older Babies to 12 months • Feeding Your 1 to 3 Year Old • Feeding Your 4 to 5 Year Old | | <ul style="list-style-type: none"> • Tips for Picky Eaters • Healthy Choices for Kids • Snacks • Time For a Cup • Happy Mealtimes-Parent/Child Responsibilities • Playing with Your Baby/Toddler |