

Sample Protocol for Prenatal/Breastfeeding/Non-breastfeeding Women
Low/Very Low Hemoglobin or Hematocrit (B12/B13)

Definition	P: Hgb less than 11 or Hct less than 33 for 1 st & 3 rd trimester Hgb less than 10.5 or Hct less than 32 for 2 nd trimester B/N: Hgb less than 12 or Hct less than 35.7
Objective	Iron blood (Hgb/Hct) level within normal limits
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. 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. 4. Provide Healthy Lifestyle Messaging and /or information about the risk condition, as appropriate. For example, increase consumption of fruits and vegetables and/or increase physical activity. 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"> • Intake of iron & Vitamin C foods • Vitamin/mineral supplement (prescribed by health care provider?) • Caffeine sources • Tea drinks (may interfere with iron absorption) • Excessive milk intake? • Pica/Vegan/Fad diet? • What does health care provider (HCP) say about Hgb/Hct? • Is another blood test scheduled? • Any current medical conditions and/or blood disorder (e.g. sickle cell, thalassemia, other)
Possible Topics for Discussion (Focus on Healthy Lifestyle Messaging)	<ul style="list-style-type: none"> • Importance of iron intake • Foods high in iron & vitamin C: offer ideas on how to increase • If dairy excessive, appropriate intake • If drinking coffee and black tea, drink between meals/decrease intake • Iron supplement – take separately from milk or other dairy products. • Postpartum 6 week check-up
Possible Triggers for Referral to a Nutritionist	<ul style="list-style-type: none"> • Does the participant have medical issues beyond the scope of the counseling session? • Would the participant like to see the RD?
Possible Referrals to outside WIC	<ul style="list-style-type: none"> • Re-check Hct/Hgb • Referral to HCP
Suggested Education Materials	
<ul style="list-style-type: none"> • Iron for Strong Blood • Try Something New With Fruits and Vegetables • Vitamin C 	