

Sample Protocol for Infants and Children
Severe Asthma (C122)

Definition	Presence of severe asthma diagnosed by a physician as self reported by participant/applicant/caregiver or as documented on Medical Referral with nutrition implications and requiring daily medications.	
Objective	Promote adequate nutrition and make referrals necessary for optimal growth, development and health.	
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. 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 and weight/length percentiles • Growth pattern and accuracy of measurements • Current medical conditions/medications • Exposure to second-hand smoke • Exposure to irritants (e.g., perfume, dyes, soap, mold, insects, pollen, pets) • Feeding method: breast, bottle or combination • What does health care provider (HCP) say about asthma? 	
Possible Topics for Discussion (Focus on Healthy Lifestyle Messaging)	<ul style="list-style-type: none"> • Growth pattern • Exclusive breastfeeding until 6 months of age • Address any feeding problems (e.g. picky eater, poor appetite) • Support developmentally appropriate self-feeding • Compliance with medication • Reduction of environmental triggers • Reinforce recommendations given by HCP 	
Refer to the Nutritionist	<ul style="list-style-type: none"> • If the participant presents a prescription for therapeutic formula • If poor growth 	
Possible Triggers for Referral to the Nutritionist	<ul style="list-style-type: none"> • Does asthma affect the participant's eating habits? • Does the participant want to see the RD? • Breastfeeding problems identified (refer to lactation counselor) • 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 for assessment of home environment • Social services • Ask the allergist: http://www.aafa.org/ or www.foodallergy.org 	
Suggested Education Materials		
<ul style="list-style-type: none"> • Feed Me Birth to 6 Months • Feed Me 6 to12 Months • Sample Menus for Older Babies 8 -12 months • Sample Menus for Older Babies 10 -12 months • Feeding Your 1 to 3 Year Old/ 4 to 5 Year Old 	<ul style="list-style-type: none"> • Healthy Choices for Kids • Snacks • Time For a Cup • Happy Mealtimes Parent /Child Responsibilities • Tips for Picky Eaters 	