

Sample Protocol for Infants and Children
Low/Very low Hemoglobin or Hematocrit (B12/B13)

	I/C: Hgb less than 11 or Hct less than 33
Objective	Iron blood (Hgb/Hct) levels 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. 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 • Excessive milk or other liquid intake/bottle use • Iron supplement prescription? • Hx early feeding (e.g., cow's milk before 12 months or low iron formula) • Coffee and black tea (interfere with iron absorption) • Bottle use > 12 months • Picky eater? • Unusual eating practices (pica) • What does health care provider (HCP) say about Hgb/Hct? • Is another blood test scheduled? • For a child, is there a current blood lead test? • 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 • Wean from bottle by 14 months. Give appropriate amount/variety/texture of solid foods • If milk excessive, appropriate milk intake • Limit/avoid juice, sweet drinks, caffeine • Iron supplement compliance
Refer to the Nutritionist	<ul style="list-style-type: none"> • If the participant presents a prescription for therapeutic formula
Possible Triggers for Referral to a Nutritionist	<ul style="list-style-type: none"> • Does the infant or child have medical issues beyond the scope of the counseling session? • Would the participant's parent/caretaker like to see the RD?
Possible Referrals to outside WIC	<ul style="list-style-type: none"> • Re-check Hct/Hgb at next certification • Referral to HCP
Suggested Education Materials	
<ul style="list-style-type: none"> • Iron for Strong Blood • Food for Picky Eaters 	<ul style="list-style-type: none"> • Healthy Choices for Kids • Lead is a Poison (as appropriate)