

Providing Drug Abuse Information and Referrals in the WIC Program

Study Guide and Post-Test

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Instructions for completing this Study Guide

1. Perform learning activities (outlined on page 5).
2. Take the post-test (attached to Study Guide).
3. Give completed post-test to supervisor for grading or send to your nutrition consultant at the State WIC Office.
4. All post-test scores should be sent to the State WIC Office.

**ALL WIC STAFF ARE REQUIRED TO COMPLETE
THIS STUDY GUIDE AND POST-TEST**

Study Guide and Post-Test

Introduction

This study guide and post-test were developed as a companion piece to the United States Department of Agriculture (USDA) materials, *"Providing Drug Abuse Information and Referrals in the WIC Program: A Local Agency Resource Manual"* and the *"Lifelines"* and *"The WIC Connection"* videos, as well as the Colorado State WIC Program's substance abuse policy. Materials were sent directly to local WIC agencies. (The USDA copies are also available from the State Office.)

As these materials are reviewed, it is extremely important for WIC staff to recognize that they are not expected to be alcohol and drug counselors nor should they ever take on the counseling role. Instead, they are required to provide WIC participants with information on the dangers of alcohol and drug use and make referrals to alcohol and drug education/ treatment centers as appropriate.

Performance Objectives

After completing the readings and viewing of the video, the learner will be able to:

1. Identify WIC's role in providing alcohol and other drug (AOD)* use information and referrals.
2. Identify risks of AOD* use to the fetus during pregnancy.
3. Identify possible effects of AOD* use on breastfeeding for the breastfeeding mother and for the breastfed infant.
4. Identify why alcohol, tobacco, and other drugs are incompatible with good nutrition.
5. Identify and utilize Colorado WIC Program's method of screening participants for alcohol and other drug use.
6. Identify methods and demonstrate ability for providing AOD* information and referrals to WIC participants.
7. Identify resources available for informing WIC participants on the dangers of alcohol and other drug use during pregnancy.

*(AOD) Alcohol and other drugs

Before completing the following learning activities, it may be helpful to read over the questions on the post-test to help focus your learning experience. It is also recommended that staff view the videos together and discuss the agency's/WIC Program's procedures for providing AOD referrals.

TOPIC	LEARNING ACTIVITY
Building a Foundation for Providing Substance Abuse Information and Referral	▶ View videos - <i>"Lifelines"</i> (16 minutes) <i>"The WIC Connection"</i> (31 minutes)
WIC's Role in providing alcohol and other drug (AOD) information and referral	▶ Read <i>"Providing Drug Abuse and Referrals in the WIC Program"</i> (PDAIR) pages 1-3 ▶ Read "Colorado WIC Program Procedure Manual" Section XV - pages 24-32
Possible effects of substance abuse on the fetus	▶ View video <i>"Lifelines"</i> (as above)
Possible effects of substance abuse on the breastfeeding diad	▶ Read PDAIR - pages 14-16
AOD use and incompatibility with good nutrition	▶ Read PDAIR - page 6
Screening WIC participants for AOD	▶ Read PDAIR - pages 51-52 ▶ Read "Colorado WIC Program Procedure Manual" Section XV page 29
Providing AOD information	▶ Read PDAIR - pages 35-49 ▶ Read "Colorado WIC Program Procedural Manual" Section XV - page 26
Making client referrals for AOD abuse assessment	▶ Read PDAIR - pages 73 and 44 ▶ Read "Colorado WIC Program Procedure Manual" Section XV - pages 27-28

Post-Test

Name: _____

Date: _____

Agency: _____

Score: _____

Total number of points = 100.

For questions 1-6, circle the letter of the correct answer/s.

1. Drug use during pregnancy can cause:
 - a. the baby to be born too early
 - b. birth defects
 - c. neurological abnormalities
 - d. the woman to have a poor appetite
 - e. all of the above

2. Tobacco use during pregnancy can cause:
 - a. the baby to be born too early
 - b. the mother's blood vessels to constrict depleting the fetus of oxygen and nutrients
 - c. an increased chance of miscarriage and infant death
 - d. the baby to be born too small
 - e. all of the above

3. Alcohol use during pregnancy can cause:
 - a. deformities
 - b. the baby to be born too early
 - c. poor fetal brain development
 - d. fetal alcohol syndrome
 - e. all of the above

4. WIC's role in providing AOD use information and referrals in the WIC Program include:
 - a. providing information about the dangers of alcohol and drug use to all prenatal, breastfeeding, and postpartum women and parents or caregivers of child participants
 - b. screening clients for potential alcohol and other drug use
 - c. counseling clients on how to overcome their addictions
 - d. offering referrals to AOD education and treatment organizations and to the WIC professional according to the high and moderate risk protocol
 - e. a,b, and d

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5. The Colorado WIC Program screens participants for AOD use by:
- a. verbally questioning every participant regarding their use of AOD
 - b. referring every participant to a AOD treatment center
 - c. blood analysis
 - d. written questions on the prenatal and breastfeeding/postpartum questionnaire
 - e. none of the above
6. An informal referral is:
- a. providing participants with a list of AOD counseling and treatment organizations
 - b. when a WIC staff member initiates contact with a AOD counseling or treatment agency on behalf of an interested participant
 - c. posting AOD information and a list of treatment centers on the clinic's bulletin board
 - d. a and c
 - e. all of the above

7. How would you respond to the following client questions/comments?

- a. If I stop using drugs, will my baby be healthy?

- b. I'm already halfway through my pregnancy, why should I stop using drugs now?

- c. Can I drink alcohol while I'm breastfeeding?

- d. I smoked with my first two babies and they were fine -- I have no reason to quit with this baby.

e. Can I smoke while I'm breastfeeding?

For questions 8-17, put a "T" (for True) or an "F" (for False) in the space to the left of each of the following statements. If the statement is false, correct the statement to make it true.

- 8. ___ Alcohol use during pregnancy is the most harmful form of substance abuse during pregnancy.
- 9. ___ Stopping or reducing the use of alcohol or drugs anytime during pregnancy can help the baby.
- 10. ___ The congressional mandates require that WIC staff make a "formal" referral for clients with serious substance abuse problems.
- 11. ___ Scare tactics can be a positive strategy in helping women overcome their substance use.
- 12. ___ WIC Program staff are required to provide drug abuse counseling.
- 13. ___ WIC staff who identify or suspect AOD abuse are required to refer the client to an appropriate counseling, treatment, or education program where services are locally available.
- 14. ___ Information on the dangers of drugs and other harmful substances must be provided to all prenatal, breastfeeding, and postpartum women and parents or caregivers of child participants.
- 15. ___ Each local agency must maintain and make available for distribution a list of local resources for substance abuse counseling and treatment.
- 16. ___ Local WIC agencies are required to coordinate with local alcohol and drug abuse treatment services.
- 17. ___ The Colorado WIC Program screens participants for AOD use through the use of the prenatal/postpartum/breastfeeding questionnaire.

18. List two possible effects on the milk supply of a breastfeeding mother who is using alcohol or other drugs.

19. List three possible effects on the infant breastfed by a mother who is using alcohol or other drugs.

20. List three tips for making a referral for AOD assessment.

21. List three reasons why AOD use is incompatible with good nutrition.

22. A client has indicated on her prenatal questionnaire that a family member had a drinking problem, how would you respond?

23. If a client reports on her prenatal questionnaire that she is having a drink weekly, how would you respond?

24. Identify whether the following statements convey a positive or negative message. (Place an "N" for negative or "P" for positive in the space provided.)

- _____ If you really cared what happens to your baby, you would stop drinking now.
- _____ If you continue to drink, your baby will be harmed.
- _____ If you stop drinking now, you have a better chance of having a healthy baby.
- _____ You will have a healthier baby if you stop drinking during your pregnancy.
- _____ Taking drugs during your pregnancy can deform your baby.
- _____ We don't know yet how much alcohol or drugs is "too much" for the unborn child. The safest course is an alcohol- and drug-free pregnancy. You can start now.

WIC CERTIFICATION PROGRAM

LEVEL I - PROVIDING DRUG ABUSE INFORMATION AND REFERRALS IN THE WIC PROGRAM

ANSWER KEY

Total number of points = 100

(5) 1. e

(5) 2. e

(5) 3. e

(5) 4. e

(5) 5. d

(5) 6. a

7. Possible answers: (look for main points and positive approach to answers)

(3) a. By avoiding AOD* use during pregnancy, you can improve your chances of delivering a healthy baby.

(3) b. It is never too early or too late for you to change your behavior. Eliminating or reducing AOD use any time is beneficial; the sooner, the better.

(3) c. The alcohol in beer, wine, and liquor goes into your milk, therefore, you should cut down on how much you drink. It's best to avoid alcohol, but if you drink, drink small amounts of alcohol after breastfeeding and with a meal if possible.

(3) d. We do know that smoking increases the chances of your baby being born too early or too small. Smoking makes the blood vessels in your body become smaller. When this happens, less food (nutrients) and air reach the baby. Cutting down or quitting any time during your pregnancy will help your unborn baby.

OR

Every pregnancy is different and we do know that not smoking during your pregnancy can give your baby a healthier start to life. It is best to quit smoking, but if you can't, try cutting down on the number of cigarettes you smoke.

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- (3) e. You should avoid smoking while breastfeeding. It can decrease your milk supply and harm you and your baby. If it is not possible to quit smoking, try cutting down on the number of cigarettes you smoke, smoking after feedings rather than before, smoking low-nicotine cigarettes and always smoke away from your baby. Second-hand smoke is very dangerous for a breastfed baby as well as a formula fed baby.
- (2) 8. True
- (2) 9. True
- (2) 10. False -- requires either a formal or informal referral
- (2) 11. False -- is a negative strategy. Support and encouragement that a woman can change her behavior is a better approach.
- (2) 12. False -- staff are not expected to provide counseling and should not attempt taking on the counselor role, instead they should provide information and referral.
- (2) 13. True
- (2) 14. True
- (2) 15. True
- (2) 16. True
- (2) 17. True
- (2) 18. ▶poor milk production
▶interference with milk let-down
- (3) 19. Any of the answers below are correct:
- ▶irritability
 - ▶feeding difficulties
 - ▶lethargy and drowsiness
 - ▶vomiting
 - ▶rashes
 - ▶slowed weight gain and failure to thrive
 - ▶sleeplessness
 - ▶tachycardia
 - ▶hypertension
 - ▶central nervous system deficiencies, including convulsions, abnormal startle response, and delayed motor development

(3) 20. Any of the answers below are correct:

- ▶engage the client in the process
- ▶create a friendly environment
- ▶use positive body language
- ▶be straight forward
- ▶be an attentive, non-judgmental listener
- ▶be non-threatening
- ▶recognize the positive
- ▶be realistic, yet positive
- ▶be compassionate
- ▶show respect for the client and acknowledge her need for privacy and confidentiality

(3) 21. Any of the answers below are correct:

- ▶AOD use can suppress the appetite which can interfere with healthy eating habits and adequate weight gain
- ▶AOD use can deplete the pregnant women and her fetus of nutrients needed for healthy growth
- ▶cyanide in cigarette smoke strips nutrients from food so that the fetus is deprived
- ▶alcohol can interfere with the absorption of essential nutrients and may decrease the supply of needed minerals to the fetus

(3) 22. Possible response: "How do you feel about friends and family abusing drugs/alcohol?" and "Do you feel you have ever had a drinking/drug problem or had too many drinks?" "Do you want information where you or your family can get help?"

(3) 23. Possible response: "I notice that you wrote on your nutrition questionnaire that you are drinking alcohol weekly. Alcohol can cause your baby to be born too early or with birth defects. It would be best for the health of your baby if you stopped drinking during your pregnancy. Would this be difficult for you? Would you like a list of places and phone numbers where you might go to get more information or help with stopping drinking?"

24. N (3 points each for total of 18 points)

N
P
P
N
P