

**Screening Module**  
**Post Test**  
**August 2000**

Name \_\_\_\_\_  
Date \_\_\_\_\_  
Agency \_\_\_\_\_  
Grade \_\_\_\_\_

1. Which of the following would be considered anthropometric measurements (mark all that apply)?
  - a. blood glucose
  - b. hematocrit
  - c. height
  - d. head circumference
  - e. hemoglobin
  - f. weight
  
2. Height and length are measured differently, but they give the same measurement. Therefore they may be used interchangeably.
  - a. True
  - b. False
  
3. It is acceptable to use any procedure for weighing and measuring children for the WIC Program as long as the same method is used each time a child is weighed and measured.
  - a. True
  - b. False
  
4. At what age should a participant start being measured for height instead of length?
  - a. one year
  - b. one year and one day
  - c. two years
  - d. two years and one day
  - e. three years
  - f. three years and one day
  
5. When measuring an infant's length it is acceptable to extend only one leg during the measurement as long as the infant's knee is not bent.
  - a. True
  - b. False
  
6. If a measuring board is not available it is acceptable to measure an infant lying on a large piece of paper by drawing lines at the top of the infant's head and bottom of the infant's feet and then measuring with a measuring tape.
  - a. True
  - b. False
  
7. When measuring the height of a woman or three year old child it is important that the participant remove their shoes and any heavy clothing which would interfere with the measurement.
  - a. True
  - b. False
  
8. The height for a 2½ year old boy should be plotted on a growth grid for:
  - a. boys birth to 36 months
  - b. boys 2 to 5 years

9. When measuring the height of a woman or child which of the following should be against the wall (mark all that apply):
- a. elbows
  - b. back
  - c. heels of the feet
  - d. buttocks
  - e. palms of the hands
10. A physician's scale with an adjustable arm that moves up and down is acceptable for measuring the height of WIC participants.
- a. True
  - b. False
11. Infants should be weighed (pick one):
- a. fully clothed
  - b. nude or with a dry diaper
  - c. clothed, but without shoes
  - d. with only a diaper (wet or dry)
  - e. in light clothing
12. A bathroom type spring scale is not acceptable for obtaining the weights of WIC participants.
- a. True
  - b. False
13. Children's weights that are taken at times other than a certification visit do not need to be entered in the ASPENS system.
- a. True
  - b. False
14. When measuring the weight of a woman or older child it is important that they stand in the middle of the scale weighing platform.
- a. True
  - b. False
15. How often should the weights on a scale be returned to the zero position so that the scale can be checked to make sure it is still calibrated correctly?
- a. after each participant
  - b. periodically during the day
  - c. once a day
  - d. once a week
  - e. once a month
16. Weight and length measurements are required for infants at what two times:
- A. \_\_\_\_\_
- B. \_\_\_\_\_
17. Height and weight measurements used for certifications/recertifications can be up to \_\_\_\_\_ days old.
18. A child at the 75th percentile height-for-age:
- a. is shorter than most children her age
  - b. is growth-stunted since a child should be at the 100th percentile
  - c. is taller than 75% of the girls her age
  - d. is growing faster than is healthy for a child

19. A child at the 80th percentile weight-for-age:
- is overweight
  - is underweight
  - is “average” weight-for-height
  - is normal weight for her height
  - none of the above are correct because weight-for-age does not tell if a child is over, under, or normal weight
20. A child at the 80th percentile weight-for-height:
- is overweight
  - is underweight
  - is “average” weight-for-height
  - is normal weight for her height
  - none of the above are correct because weight-for-height does not tell if a child is over, under, or normal weight
21. A child is at the 50th percentile weight-for-age, height-for-age, and weight-for-height. From this information you can say (mark all that apply):
- this child has normal growth
  - this child appears to be healthy because they have average growth
  - this child has average weight and height for age, but it is impossible from this one set of measurements to determine if this child has normal growth
22. The recommended total weight gain for a woman depends upon her \_\_\_\_\_ weight.
23. A woman who does not gain the recommended amount of weight during pregnancy is more likely to give birth to a low birth weight infant.
- True
  - False
24. The ideal weight gain for a pregnant woman with a pregravid BMI of 27.0 is \_\_\_\_\_ pounds.
25. The recommended weight gain for a normal weight woman is \_\_\_\_\_ pounds.
26. A person’s hematocrit is an indicator of the amount of \_\_\_\_\_ contained in their blood.
27. Which of the following require iron to grow or function correctly (mark all that apply):
- brain
  - immune system
  - muscles
  - tongue
  - finger nails
28. Name of the condition when a person’s hematocrit is low:
29. Next to each of the follow conditions indicate whether they would increase a person’s normal hematocrit or decrease it:
- increase
  - decrease
- \_\_\_\_\_ living at a high elevation
- \_\_\_\_\_ being pregnant
- \_\_\_\_\_ smoking
- \_\_\_\_\_ being an infant instead of a child



40. Cotton balls or tissues contaminated with blood can be thrown into the normal office garbage.
- True
  - False
41. In the event that you are accidentally stuck with a dirty lancet or are contaminated with a participant's blood, what should you do?
42. For each of the following WIC participants, indicate whether they have anemia, severe anemia or are normal.
- pregnant woman, 2nd trimester, lives at 6100 feet elevation, smokes ½ pack of cigarettes per day. Current hematocrit 35%.
    - anemia
    - severe anemia
    - normal
  - 2 year old child, lives at 7200 feet elevation. Current hematocrit 37%.
    - anemia
    - severe anemia
    - normal
  - postpartum woman, non-smoking, lives at 5200 feet elevation. Current hematocrit 32%.
    - anemia
    - severe anemia
    - normal
43. Complete growth grids or Prenatal Weight Gain Grids for the following (be sure to fill in names, dates, etc. - dates can be filled in by simply writing "date" where dates should be indicated):
- Marci Paulos, 18 month old infant, female. Length 32¾", Weight 20 pounds.
  - Chris Reed, 4 year old, male. Height 40½". Weight 35 pounds.
  - Hannah Rice, 35 year old pregnant woman. Pregravid weight 175 pounds. Height 5'6¼". At 18 weeks gestation she had gained 3 pounds. Eight weeks later she had gained 9 more pounds. EDD is 12-28-00.