

Practice! Answers

Practice! A

Nutrition Risk Factor	Number	Priority	Risk	O/S
Pregnant woman with an inadequate diet	81	4	L	O
2 year old child with an inadequate diet	81	5	L	O
Infant whose length is less than the 5th percentile for age	14	1	L	O
Pregnant woman who has hyperemesis gravidarum	79	1	H	S
Non-breastfeeding postpartum woman who drinks more than two drinks per day	60	6	L	O
2 month old infant who is being fed goat's milk instead of breast milk or formula	82	4	L	S
Pregnant woman who is not taking an iron supplement	92	4	L	S
8 month old Infant who is consuming only iron fortified formula	82	4	L	S
13 month old child who is fed fruit juice in a bottle on a regular basis	88	5	L	S
Breastfeeding woman who drinks 5 cups of coffee per day	89	4	L	S
Breastfeeding woman with mastitis	52	1	H	S
Child from a homeless family	70	5	L	O

Practice! B

- A. The breastfeeding woman would be priority 1 (from NRF# 52) and high risk (also from NRF# 52).
- B. The infant would be priority 1 (from NRF # 14) and low risk (NRF#14 & 82 are both low risk conditions).

Practice! C

Case #1: Answer (List NRFs):

NRF# 46 Severe Anemia (use lower of two values - 31% is severe anemia)
NRF# 81 Inadequate Diet (diet lacking in several food groups)
NRF# 70 Homelessness (lives in shelter)
NRF# 64 Pica

What is her priority? 1 What is her risk? High
(Priority and risk are from NRF # 46 Severe Anemia)

Case #2: Answer (List NRFs):

NRF# 45 Anemia (lower of two values is low)
NRF# 81 Inadequate Diet (diet low in several food groups)
NRF# 91 Excessive Intake of Dietary Supplements (because of vitamin C)
NRF# 86 Highly Restrictive Diets (she is a vegan)

What is her priority? 1 What is her risk? Moderate
(Priority is from NRF# 45 Anemia, risk is from NRF# 86 Highly Restrictive Diets)

(Blood lead is not an NRF because the value is more than 12 months old.)

Practice! D

1. Hilda Ruppert

Answer (List NRFs):

NRF# 48 Overweight (BMI = 26.7)
NRF# 77 MC - High Maternal Weight Gain*

*159 pounds - 147 pounds = 12 pounds/6 weeks x 4 weeks = 8 pounds per month.
NRF# 77 is used instead of NRF# 76 because this is not a certification visit.

2. Amy Farr

Answer (List NRFs):

No NRFs apply

Woman is normal weight (BMI = 23). Weight gain is adequate as her current weight is above her recommended weight gain curve. Weight gain is not excessive since she is only gaining 3.3 pounds per month (144-134 = 10 pounds/12 weeks x 4 weeks = 3.3 pounds per month).

3. Heather Hunt

Answer (List NRFs):

NRF# 32 MC Inadequate Weight Gain (she is below her recommended weight gain curve)

Woman is normal weight (BMI = 23).

NRF# 32 is used instead of NRF# 49 because this is not a certification visit.

4. Sue Christopher

Answer (List NRFs):

NRF# 47 Underweight (BMI = 18)

NRF# 32 Inadequate Weight Gain During Pregnancy (current weight is under recommended weight gain curve and she has had a net loss of 3 pounds in the third trimester)

Practice! E

1. Maria Garcia

Answer (List NRFs):

NRF# 46 Severe Anemia (hematocrit of 31% is very low)

NRF# 81 Inadequate Diet (diet is short one serving in bread/cereal group)

NRF# 83 Multi-fetal Gestation (she is having twins)

NRF# HC Diabetes Mellitus (this is not gestational diabetes since she was diagnosed over one year age. Diagnosis was made by a physician.)

NRF# 71 Migrancy (she is employed in agriculture and is living temporarily in Colorado)

What is her priority? 1 What is her risk? High

(Priority and risk both come from NRF# 46 Severe Anemia and NRF# HC Diabetes Mellitus)

Maria Garcia is a normal weight woman (BMI = 23). Her weight gain is above her recommended curve so her weight gain is adequate. Her weight gain is averaging 3 pounds per month so it is not excessive. She cannot be risked for alcohol consumption because she is not CURRENTLY drinking. She cannot be risked for depression since it was diagnosed by a physician.

2. Margaret Cunningham

Answer (List NRFs):

NRF# 47 Underweight (BMI = 18)
NRF# 41 Pregnancy at a Young Age (16-17 years old at conception)
NRF# 43 Closely Spaced Pregnancies (less than 24 months from last miscarriage to current EDD)
NRF# AP Fetal Death (previous miscarriage)
NRF# 49 Inadequate weight Gain During Pregnancy (she is under her recommended weight gain curve)
NRF# 81 Inadequate Diet (diet deficient in dairy, meat, bread, and vitamin A)
NRF# 92 Inadequate Iron Supplementation (not taking prenatal vitamin/mineral)
NRF# 65 Inadequate Prenatal Care (prenatal care started after 1st trimester)

What is her priority? 1 What is her risk? High

(Priority is from several risk factors and risk is from NRF# 49 Inadequate Weight Gain During Pregnancy)

Hematocrit value is adequate. Nausea and vomiting are not a risk factor unless they are part of hyperemesis gravidarum, which must be diagnosed by a physician.

3. Silvia Porter

Answer (List NRFs):

NRF# HQ Juvenile Rheumatoid Arthritis
NRF# 93 Woman or Primary Caregiver with Limited Ability to Make Feeding Decisions and/or Prepare Food (due to arthritis)
NRF# 91 Excessive Intake of Dietary Supplements, Vitamins, or Minerals (due to the megadoses of antioxidants she is taking) (dietary antioxidants are usually vitamins)
NRF# 81 Inadequate diet (diet is deficient in most food groups)
NRF# 47 Underweight (BMI = 17.38)
NRF# 49 Inadequate Weight Gain During Pregnancy (current weight is under her recommended weight gain curve)
NRF# 56 Use of Alcohol (due to her current use of alcohol)

What is her priority? 1 What is her risk? High

(Priority and risk are from NRF# HQ, NRF# 49, and NRF# 56, which are all priority 1 and high risk)

Practice! F

1. Matilda Snow

Answer (List NRFs):

NRF# 48 Overweight (BMI = 27.18)
NRF# AA High Maternal Weight Gain (normal weight woman, previous to pregnancy, gained 40 pounds during pregnancy)
NRF# AM Gestational Diabetes (had gestational diabetes this pregnancy)
NRF# 89 Excessive Caffeine Consumption (one coffee + four colas = 270 mg caffeine)
NRF# 81 Inadequate Diet (diet lacking in several food groups)
NRF# 52 Breastfeeding Complications (sore and cracked nipples)
NRF# 61 Breastfeeding a Priority 1 Infant (infant with low stature would be priority 1)

What is her priority? 1 What is her risk? High
(Priority comes from several NRFs, risk comes from NRF# 52)

(NRF# AO Low Birth Weight does not apply because it did not occur in the last pregnancy)

2. Janet Basey

Answer (List NRFs):

NRF# 47 Underweight (BMI = 18.32)
NRF# 45 Anemia (because she smokes 1 pack of cigarettes per day her hematocrit needs to be 40 or higher)
NRF# AO Delivery of Low Birth Weight Infant (born <5.5 pounds)
NRF# AN Preterm Delivery (infant born at 37 weeks or earlier)
NRF# 81 Inadequate Diet (diet low in several food groups)
NRF# 57 Use of Illegal Drugs (current use of marijuana)
NRF# 41 Pregnancy at a Young Age (17 at conception)

What is her priority? 4 What is her risk? High
(Priority is from NRF# 41 and risk is high from NRF# 57)

Practice! G

What are the infant mid-cert nutrition risk factors for:

Underweight (less than the 5th)	NRF# <u>03</u>
Underweight (5th to the 10th)	NRF# <u>04</u>
Overweight (greater than 95th)	NRF# <u>07</u>
Overweight (90th to the 95th)	NRF# <u>05</u>
Short Stature (less than the 5th)	NRF# <u>02</u>
Short Stature (10th to the 5th)	NRF# <u>06</u>

Practice! H

1. Infant (male) with current weight of 8 pounds 7 ounces at three weeks of age. Birth weight 8 pounds 9 ounces.

Answer (List NRF that applies)

NRF# 27 (Not back to birth weight by 2 weeks)

2. Infant (female)

Birth weight = 7 pounds 8 ounces

Weight at 3 months and 1 week = 10 pounds. Length = 23¼ inches.

Weight at 5 months and 3 weeks = 13 pounds 8 ounces (current weight). Length = 25¼ inches.

Answer (List NRF that applies)

None. (Minimal expected weight gain is 36 ounces. Infant actually gained 56 ounces. Must use weight at 3 months and 5 months for comparison. Birth weight cannot be used because there are more recent weights that apply.)

3. Infant (female)

Weight at 6 months and 1 week = 17 pounds 9 ounces. Length = 26¼ inches.

Weight at 10 months and 3 weeks = 19 pounds 12 ounces (current weight). Length = 28¼ inches.

Answer (List NRF that applies)

NRF# 26 (Minimal expected weight gain is 42 ounces. Infant actually gained 35 ounces. Moderate risk applies because 1 channel drop wt/age in 6 months or less.)

See Graph A.

4. Infant (male)

Weight at 6 months = 16 pounds. Length = 26¼ inches.

Weight at 7 months 2 weeks = 16 pounds 8 ounces. Length = 26¾ inches.

Weight at 9 months 1 week = 18 pounds 12 ounces. Length = 27¾ inches.

Answer (List NRF that applies)

NRF# 26 (Must use weights at 9 months and 6 months. Weight at 7 months is not 3 months or more from weight at 9 months so may not use this weight. Minimal expected weight gain is 30 ounces. Infant only gained 28 ounces. Moderate risk applies because wt/age drops one channel in 6 months or less.

See Graph B.

Practice! I

- XX Infant who is getting cow's milk in a bottle
(cow's milk should not be given during the first year)
- ___ Infant who is getting formula (in a bottle) plus cereal and strained fruits and vegetables (by spoon) at 5 months
(it is appropriate for infants to be getting cereal, fruits, and vegetables at this age)
- XX Infant who is getting cereal and strained fruits and vegetables (by spoon) at 3 months
(infants should not be getting solids until after 4 months of age)
- XX Infant who is being fed cereal mixed with formula by spoon at 3 months
(infants should not be getting solids until after 4 months of age)
- XX Infant being fed carrot "coins" and disks of hot dog at 9 months of age
(carrot coins and disks of hot dog are foods that put an infant at risk of choking)
- ___ Infant being exclusively fed Enfamil at 5 months of age (no cereal or other solids)
(solids do not have to be introduced at 5 months of age--solids would have to be withheld until after 7 months of age before this NRF would be assigned.)
- ___ Infant being exclusively fed Enfamil at 3 months of age that is being mixed one scoop per 2 ounces of water
(an infant should be receiving only formula at this age--the dilution of the formula is correct)
- XX Infant being exclusively fed Low-Iron Enfamil at 3 months of age
(any infant under 6 months of age being given low-iron formula should be assigned this NRF.
After 6 months of age this NRF does not apply for low-iron formula.)
- XX Infant being fed Enfamil (by bottle) with various solid foods (by spoon and fingers) at 7 months of age including toast squares with butter and honey
(infants should not be given honey until they are one year old)

Practice! J

<u>NRF#</u>	<u>Condition</u>
<u>87</u>	Mother mixes infant formula with water from a well that has never been tested for purity.
<u>87</u>	Infant is fed formula from a bottle. Formula remaining in the bottle is returned to the refrigerator for later use.
<u>87, 88</u>	Infant is given a bottle that remains with them in their car seat until the contents are consumed (usually several hours after the bottle is originally given).
<u>82</u>	Mother adds honey to the infants bottle.
<u>90</u>	Mother routinely adds sugar to the infant's bottle.
<u>88, 90</u>	Infant is given a bottle with Kool-Aid on a regular basis.
<u>88</u>	Infant is routinely fed in a car seat with the bottle propped.
<u>87</u>	Mom reports that she mixes up three days of formula at one time.
<u>82</u>	5 month old infant is getting low iron formula.
<u>88</u>	Infant cereal is added to the infant's (5 month old) bottle on a regular basis.
<u>82, 88, 90</u>	Infant is fed chocolate milk in a bottle on a regular basis.
<u>90</u>	3 month old infant is only given 4 bottles of formula per day.
<u>82</u>	Mom does not allow 10 month old infant to feed self because it is messy.
<u>88</u>	Infant is always put to bed with a bottle of formula.
<u>88, 90</u>	5 month old infant is put to bed each night with a bottle of water.

Practice! K

1. John Moore

Answer (List NRFs):

NRF# 11 Prematurity (born at or before 37 weeks)
NRF# 14 Short Stature (current ht/age 3%)
NRF# 25 Inadequate Growth (has only gained 28 ounces versus the 31 ounces needed for minimal growth from birth to 6 weeks of age)
NRF# HI Genetic/Congenital Disorder (cleft lip)
NRF# 88 Inappropriate Use of Nursing Bottle (cereal in bottle)
NRF# 82 Inappropriate Feeding Practices (over-concentration of formula)
NRF# 91 Excessive Intake of Dietary Supplements, Vitamins, or Minerals (vitamin C tablets crushed into formula)
NRF# 23 Mother on WIC

What is his priority? 1 What is his risk? High
(Most of the NRFs make this infant priority 1 and risk is from NRF# HI)

2. Rachel Singer

Answer (List NRFs):

NRF# 82 Inappropriate Feeding Practices (no solids introduced by 7 months)
NRF# 88 Inappropriate Use of Nursing Bottles (corn syrup solution in bottle, beverage in bottle other than formula, breast milk, or water)
NRF# 90 Inadequate Diet (routinely feeding sweet liquids and caffeine-containing beverage)
NRF# 45 Anemia

What is her priority? 1 What is her risk? Low
(Priority is from NRF# 45 and risk is from all the NRFs)

Note: Inadequate growth could not be used as an NRF with this infant because the time span from birth when the previous weight was done to the current weight is 7 months and 1 week. This exceeds the maximum time limit of 7 months.
NRF# 24 Mother at Risk does not apply since infant is more than 6 months old.

Practice! L

1. Katie Brown

Answer (List NRFs):

NRF# 19 Overweight (wt/ht \geq 95th)
NRF# 45 Anemia (because hct $<$ 35%)
NRF# 81 Inadequate Diet (no dairy or vitamin A)
NRF# 88 Inappropriate Use of Nursing Bottle (using bottle after 14 months)
NRF# 82 Inappropriate Feeding Practices ($>$ 12 ounces of juice per day)
NRF# HL Food Allergy (food allergy diagnosed by a physician)

What is her priority? 3 What is her risk? High

Katie returned to the WIC clinic at 19 months 0 weeks for a follow-up appointment. At that time her weight was 25 pounds 2 ounces.

- Would any of the NRFs for inadequate weight gain apply at this time?
NRF# 25 Inadequate Growth since she has only gained 4 ounces (her weight did not cross any channels)
- What is the minimal acceptable weight gain for this time period for a child?
8 ounces

2. John Lewis

Answer (List NRFs):

NRF# 15 Underweight (\leq 5th for weight/height)
NRF# 18 Short Stature (5-10th height/age)
NRF# 25 Inadequate Growth (gained 1 ounce in 5 months, minimal expected weight gain is 12 ounces)
NRF# 45 Anemia (hct $<$ 35%)
NRF# 81 Inadequate Diet (diet low in several food groups)

What is his priority? 3 What is his risk? High
(Priority is from all NRFs except NRF# 81 and risk is from NRF# 15)

(NRF# 78 Low Birth Weight does not apply as this child is $>$ 24 months old. NRF# 23 Mother on WIC does not apply since $>$ 6 months of age. NRF# 94 foster Care does not apply since in the same foster home for 18 months.)