

High Risk Secondary Nutrition Education Contact**Policy No. NS - 200.09**

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Policy

All high-risk WIC participants (as defined in the [Risk Criteria Handbook](#)) must receive an individual high-risk nutrition education contact following each certification / mid-year assessment at which they were high-risk. This high-risk contact must be done before the next scheduled certification / mid-year assessment. For each high-risk contact a care plan must be documented.

Purpose

To facilitate positive change in dietary and physical activity habits of high-risk participants.

Procedures

- I. The local agency will provide participant centered high-risk nutrition education through:
 - A. In Person (Individual)
 - B. Video Conference (Individual)
 - C. Phone Contact (Individual) See [Phone Contact / Nutrition Education policy](#).
- II. High risk documentation will include all the standards of the Nutrition Care Process from the Academy of Nutrition and Dietetics (AND): Assessment, Diagnosis, Intervention, Monitoring / Evaluation. See [Nutrition Care Process](#).
 - A. The CPA must address at least one high-risk criteria from that certification period.
 - B. To remain participant focused at the high-risk nutrition education contact, the CPA shall address the participant centered concern as primary and assure that the participant has no current concerns related to the high-risk criteria(s).
- III. CPA must document in the medical record a high-risk visit using SOAP or ADIME format.
 - A. The CPA care plan must document:
 1. Subjective information shared by the participant.
 2. The nutrition diagnosis / high-risk condition(s) addressed from the Risk Criteria Handbook.
 3. An assessment of the participant's current nutritional status.
 4. The intervention / nutrition education and counseling provided.
 5. A follow up plan. The follow up plan can be next steps for the participant or the WIC CPA to complete.

- B. See [Documentation of the Nutrition Care Process in WIC Tip Sheet for SOAP and Documentation of the Nutrition Care Process in WIC Tip Sheet for ADIME.](#)

Authority

7 C.F.R. §§ 246.11 (a), (b), (d), and (e)

Nutrition Services Standards

Nutrition Care Process – <http://www.eatrightpro.org/resources/practice/nutrition-care-process>

Definitions/Supporting Information

Competent Professional Authority (CPA) – An individual on the local agency staff who is authorized to determine nutritional risk and prescribe supplemental foods. The following individuals may be authorized and trained to serve as a CPA: physicians, nutritionists (bachelor's or master's degree in Nutritional Sciences, Community Nutrition, Clinical Nutrition, Dietetics, Public Health Nutrition), registered dietitians, licensed dietitians, registered nurses, and physician assistants (certified by the National Committee on certification of Physicians Assistants or certified by the State medical certifying authority), or State or local medically trained health officials.

Nutrition Care Process – A systematic approach to providing high-quality **nutrition care** designed to improve the consistency and quality of individualized **care** for patients/clients or groups and the predictability of the patient/client outcomes

SOAP Note – A SOAP note is a documentation method employed by health care providers to document the events of a health care visit in a clear, concise, and representative manner. The Nutrition Care Process can be documented in the SOAP format. There are four parts of a SOAP note: 'Subjective, Objective, Assessment, and Plan.

ADIME Note – An ADIME note is a documentation method employed by Registered Dietitian Nutritionists to document the events of a nutrition visit in a clear, concise and representative manner that assures that the nutrition care process is completed in providing patient care. The four parts of the ADIME note: Assessment, Diagnosis, Intervention, and Monitoring/Evaluation.

In Person Nutrition Education – Nutrition education provided directly to the participant.

Video Conference Nutrition Education – Nutrition education provided over an approved video conferencing system.

Phone Contact – Nutrition education provided over the phone.