

Week ending issue: October 9, 2015 – Issue # 267

Policy

From the WIC Services Policy and Procedure Manual- 360.65 Infection Control Guidelines, Respiratory Hygiene/Cough Etiquette

Proper steps should be taken in clinic to help prevent the spread of illness

The following steps should be taken to help prevent the spread of illness.

1. Post signs and entrances and strategic places with instructions for clients to cover their mouth/noses when coughing or sneezing, use and dispose of tissues, and perform hand hygiene after hands have been in contact with respiratory secretions.
2. Provide tissues and no touch receptacles, if possible.
3. When possible, provide resources and instructions for performing proper hand washing.
4. Provide conveniently located alcohol based hand rub dispensers and where sinks area available, supplies for proper hand washing.

Information-



MAKES BREASTFEEDING WORK

U.S. Department of Agriculture, Food and Nutrition Service (FNS), Special Supplemental Nutrition Program for Women, Infants and Children (WIC) announce the Loving Support Award of Excellence program. The award program was established to recognize local WIC agencies that have provided exemplary breastfeeding promotion and support activities.

The intent is to provide models and motivate other local agencies and clinics to strengthen their breastfeeding promotion and support activities and ultimately increase breastfeeding initiation and duration rates among WIC participants.

Three levels of excellence will be recognized and awarded: *Gold, Gold Premiere, and Gold Elite.*

Who can apply:

Local WIC agencies that have operated a peer counseling program for at least one year, which meets all of the required core components of the FNS [Loving Support© Model](#) for a successful peer counseling program.

The application period will open once annually. The 2015 application period opens on October 5, 2015 and closes on December 11, 2015. [Click Here For Application Details and To Apply](#)

There are a number of changes to formula products that will take effect in the coming weeks

1. You will notice IWIN will no longer have the OR statement listed for several **Similac products**. You will need to create a new food package as what's currently listed will no longer verify. This includes model food packages. An email will go out to Coordinators to inform them closer to the actual date of the change.
2. A **Gerber Good Start Soy packaging change** will go into effect in November 2015. Be prepared to share with participants receiving this formula. Also explain they may continue to see both labels on the shelves for quite a while.



3. **Nutramigen Toddler with Enflora LGG** has announced an ingredient change. They will remove fructose and replace it with additional corn syrup solids and high oleic sunflower oils. This change will apply to product shipping beginning in late November. No changes will be made to the container size, label or reconstitution amount so no changes are required in IWIN. Only a handful of children in the state are receiving this formula.
4. What is currently listed as **Nutramigen PurAmino DHA & ARA** in IWIN will now be listed as **PurAmino DHA & ARA**. This change has been made by request of Mead Johnson to avoid confusion with other Nutramigen products. Nutramigen PurAmino DHA & ARA is

now deactivated and agencies should replace it with the PurAmino DHA & ARA when the children receiving it come in for their next checks.

5. **Nutramigen 32 oz. RTU** will have a packaging change and will be available any time now depending on the location. This is only issued to one child in the state.
6. **Enfamil EnfaCare Powder 12.8 oz. and Enfamil EnfaCare 8 oz. 6-packs** will contain a new formulation with a change in the whey: casein ratio and increased vitamin D. The new product will begin distribution in October 2015. No changes will be made to the container size or reconstitution amount so no changes are required in IWIN. Below you will see an image of the new label containing “New formulation.” Several infants in the state receive this formula.



Communication and Rapport Building Workshop

Please see the information for the Communication and Rapport Workshop on October 28th, 2015 at the end of this Friday Facts.

Thank you of the Week-

“Wichealth.org is so easy to run. Half the time you log into a health food site and you can’t figure out how to navigate around, let alone learn anything. The recipes on here that are “healthy” actually look good. My youngest son was a problem eater. He only wanted McDonalds and I was having a hard time getting him to eat better. The Sesame Street site was fun for him as I let him run my computer while learning about healthy food. He just thought he was playing games! Kudos to you guys for having this neat set up!” ~North Iowa Community Action Participant

Participant Centered Services-

From the Molly Kellogg Nutrition Counseling News and Updates email the following success story was sent in-

It is so helpful to me and my patients simply to summarize what I've heard. It helps them to feel heard and know (and to confirm for me) that I understand what they've said. I find this especially helpful with patients with eating disorders. I find it helps to remove some shame to summarize their behaviors and experiences and discuss them frankly.

eWic Focus Update

Focus will not allow you to create two individuals within a family with the same name. Things you could do would be to provide a middle name for one of the participants and no middle name for the other. You could provide a middle name for one participant and just the first letter of their middle name for the other. You could use the suffix Jr., etc. if applicable. This would be something to start thinking about now when entering individuals from the same family with the same name.

Find us on Facebook-



<https://www.facebook.com/IowaWIC>

Dates to Remember-

2015 ***note highlighted dates and topics indicate a change from the usual***

New Employee Training Go-To Meeting

- NETC Go-To-Meeting (Support Staff) - September 24, from 8:30- 11:30
 - NETC Go-To- Meeting (All New Staff) – November 12, from 8:30-11:30
 - NETC Go-To-Meeting (Health Professional) – November 18, from 8:30-11:30
 - NETC Go-To-Meeting (Support Staff) - November 19, from 8:30- 11:30
- **Please note the dates in November.**

Core Trainings

- Communication and Rapport: October 28, 2015

Available Formula-

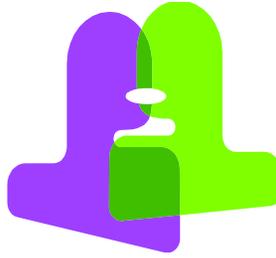
Product	Quantity	Expiration Date	Agency	Contact
Neocate Infant	20 cans	2: 11/2015 1: 1/2016 16: 2/2016 1: 8/2016	Mid Iowa Community Action	Sierra Stevens 515-232-9020, ext. 105
Powdered Pregestimil	5 cans	11/1/2015	Operation Threshold	Sue Burnett 319-292-1827
Powdered Nutramigen	3 Containers 8 Containers	11/2015 12/2015	Operation Threshold	Sue Burnett 319-292-1827
Powder Nutramigen Toddler with Enflora LGG	7 – 12.6 oz Container 20 - 12.6 oz Container	11/1/2015 2/1/2016	Mid-Sioux Opportunity	Amy Kreber 712-786-3488
RCF Concentrate	26- 13 oz cans	2/1/16	Broadlawns	Rose Logan 515- 282-6717
Peptamen Junior 1.5 Cal	114 – 250 ml containers	3 – 6/2016	HACAP	Angela Munson 319-366-7632
Enfaport	17 – 6 packs of 6 oz containers	4/1/16	HACAP	Angela Munson 319-366-7632
Pediasure 1.5 cal Vanilla	65- 8oz cans	6/1/2016	Broadlawns	Rose Logan
Pediasure 1.5 with Fiber	4 cases	8/2016	Mid-Iowa Community Action	Sierra Stevens 515-232-9020, ext. 105
Calcilo XD	1 can	2/2017	Broadlawns	Kathy Flagg 515-263-5660
Powder Infant EleCare Amino Acid Based Infant Formula with Iron	5 – 14.1 oz cans	3/2017	North Iowa Community Action	Janelle Pansegrau 641-423-5044 x35
Similac PM 60/40	7 cans	5/2017	Webster County	Kathy Josten 515-573-4107
Complete Amino Acid Mix	1 can	10/21/2017	Mid-Iowa Community Action	Sierra Steven 515-232-9020, ext. 105

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Communication & Rapport Building Skills Workshop October 28, 2015

A quality WIC nutrition assessment contains elements of both art and science to collect, evaluate and interpret the information provided by participants. Effective communication and rapport building skills foster a sense of trust and help build a relationship between participants and WIC staff. When participant-centered assessment and education techniques are used to encourage dialogue and feedback, quality information is collected for the assessment that contributes to individualized services addressing specific needs and interests. This interactive workshop for WIC nurses and dietitians will strengthen communication and rapport building skills.

Agenda

- 8:15 Registration
- 8:30 Setting the Stage for Quality Nutrition Assessments- Nikki
- 8:45 Using Stages of Change in Nutrition Assessment-Kimberly
- 9:30 Stretch Break
- 9:45 OARS and 3-Step Counseling- Nicole
- 10:30 Motivational Interviewing-Nikki
- 11:15 Emotion-Based Counseling-Kimberly
- 11:30 Rolling with Resistance and Jumping over Barriers- Kimberly
- 12:00 Lunch
- 1:00 Putting it All Together with PCE-Holly
- 1:30 Western Region WIC PCE Video- “WIC Recertification Appointment” and “Providing Feedback”- Nikki
- 2:00 Putting Everything to Work-Activities-Kimberly (break included)
- 3:30 CEU's and Adjourn

Speakers

Nikki Davenport RD, LD, Nutrition Services Coordinator, IDPH
Nicole Newman, RD,LD, Community Health Consultant, IDPH
Kimberly Stanek, RD, LD, Community Health Consultant, IDPH

This workshop is sponsored by the Iowa Department of Public Health (IDPH), WIC Program.

Objectives

- Define rapport building and describe its use in nutrition assessment.
- Describe how to use the various approaches in nutrition assessment and education.
- Identify a participant's stage of change and suggest appropriate counseling strategies.
- Identify barriers to communication and develop strategies to overcome them.
- Demonstrate non-verbal communication techniques that result in positive communication.
- Suggest at least one way to use the assessment ruler in nutrition assessment and counseling.

Location

The workshop will be held at the Ankeny campus of the Des Moines Area Community College. The workshops will be in Building 24- rooms 201 and 203. Parking is available at no charge. A map of the campus and directions to the campus are attached to this agenda.

Registration

The registration fee for each workshop is \$40.00. This fee covers lunch, breaks and print materials. You may register by:

- Mail using the enclosed registration form or
- Telephone by calling (515) 964-6800 or 1-800-342-0033 or
- Register online at <https://ce.dmacctraining.com/dmacc2/public/store/search.do?navigator=search&coursetype=EVNT&searchInitLetter>

Space is limited to 45 participants. Pre-registration is required by October 21.

This event would only be cancelled due to natural or political catastrophes with notice provided to all registrants via phone and email.

Continuing Education

- 0.62 CEUs have been approved for nurses through Nursing Provider Number 22.
- Certificates of attendance will be provided to dietitians.

To receive a certificate of attendance, nurses and dietitians must attend the session in full.

Breastfed Infants Welcome

Mothers may bring quiet breastfeeding babies less than 6 months of age to the workshops. Due to the professional nature of the sessions, mothers are expected to care for their babies outside the meeting room when needed. Mothers are strongly encouraged to bring a support person along to provide baby care outside the meeting room.

Questions?

If you have questions about registration, please call (515) 256-4908. For questions about the agenda, please call (800) 532-1579 and ask for Nikki.

REGISTRATION

Communication & Rapport Building Skills Workshop AHNE 993 CRN 18372

October 28, 2015

Name: _____

Address: _____

Agency: _____

How did you hear about this workshop?

Required for new WIC employee Received information from MCH Agency

Daytime phone: _____

Social Security #: _____

Email address: _____

Please check the box below if you would like a vegetarian meal. The meal may contain dairy products.

_____ I would like a vegetarian meal

The registration fee is \$40 for this workshop. Please make checks payable to Des Moines Area Community College.

Temperature in this room may be variable, please bring a sweater. There is a drinking fountain and vending machines in the building. Please notice the change in location. This workshop is in Building 24 Room 201.

Register online at

<https://ce.dmacctraining.com/dmacc2/public/store/search.do?navigator=search&coursetype=E VNT&searchInitLetter> or **Send this form and payment by October 21, 2015 to:**

Des Moines Area Community College
Registration Building 1
2006 Ankeny Blvd.
Ankeny, Iowa 50021

ANKENY CAMPUS

