

Nutrition Education 1B – WINNIE Online Training Module

JUNE 2024

Introduction

Intro

This WINNIE online training module is provided by the Minnesota (MN) Department of Health WIC Program. It is a continued overview of the Nutrition Education page in WINNIE, the MN WIC Information System.

Date 1

All dates in this module are based on today's date being June 11, 2024.

<Transition Slide>

<screen description – no audio> Slide transitions to Vanna Tee's Nutrition Education page in Certification Mode.

Scenario 1

We are continuing to document our Nutrition Education in Vanna Tee's Nutrition Education page while in Certification Mode.

Materials Given

Materials Given 1

Next, we'll add the tangible items we gave to Vanna to support the topics we discussed.

These could include education cards, brochures, handouts, DVDs, cookbooks, etc.

Click the Add Materials Given Contact icon.

Materials Given 2

The Materials Given Contact modal opens.

The WIC Category is read-only and can't be changed.

Click the Materials Given dropdown.

Materials Given 3

Again, the contents are based on the WIC Category.

Education cards are one of the most common materials given and provide accurate and consistent messages supported by science and presented in a way that is easy-to-read, understand, and communicate.

While talking with Vanna, we gave her a couple of ed cards to highlight some of our discussion points: the breastfeeding card, Thinking about Breastfeeding, and the pregnancy card about prenatal vitamins.

Select the Breastfeeding Card.

<no audio> Select the BF Card: Thinking about Breastfeeding?

Materials Given 4

Let's use hot keys this time. Type p then select the ed card.

<no audio> Type: p then select PG Card: Prenatal Vitamins.

Materials Given 5

<no audio> Type: p then select PG Card: Prenatal Vitamins.

Materials Given 6

We also gave Vanna a Physical Activity Resource List.

Do the same thing. Type p and select it from the list.

<no audio> Type: p then select the Physical Activity Resources List.

Materials Given 7

<no audio> Type: p then select the Physical Activity Resources List.

Materials Given 8

Go ahead and save our materials.

<no audio> Click the Save button.

Goals

Goals 1

The PCS counseling approach helps participants decide for themselves if they want to try to make a change.

That change can be documented as a goal.

Click the Add Goal Contact icon.

Goals 2

The Goal Setting Contact modal opens.

Goal setting is again, optional; our agency may use the Nutrition Ed page to document topics and materials but may use notes to document goals and goal results.

As always, our agency can provide guidance.

The Goal is a standard dropdown, meaning we can make only one selection and add only one goal per Contact Date.

Click the Goal dropdown.

Goals 3

As usual, the list is based on the participant's WIC Category.

The goals tend to be more general in nature since we want them to be simple and attainable, with clear "how to" actions to achieve them.

They should also always be decided on by the participant or caregiver.

Vanna was interested in trying to increase her activity and felt that was something she could do.

Go ahead and select that option.

<no audio> Select Begin and/or increase physical activity (ask MD).

Goals 4

We add the Goal Result at a follow-up visit, so we'll take a look at that in Leia's folder.

Go ahead and save our goal.

<no audio> Click the Save button.

Goals 5

Goals can only be edited and deleted on the date they are created but the goal results are editable at any time so that we can complete them at the participant's Nutrition Education visit as we'll see in a few minutes.

The last contact we are going to add is the Peer Counselor Referral.

Click the icon.

<no audio> Click the Peer Counselor Referral icon.

Peer Referrals

Peer Referral 1

The Peer Counselor Referral modal opens.

Again, this is something that may be documented in a number of different ways, and we should look to our agency for guidance, including whether our agency even provides breastfeeding peer services.

Click the Reason(s) for Referral dropdown.

Peer Referral 2

Like the other types of contact, this is a multi-select list.

Vanna was interested in a peer referral and said that she didn't breastfeed her other children.

Go ahead and click to select the two appropriate options then click Save.

Peer Referral 3-5

<no audio> Click to select the two appropriate options then click Save.

Peer Referral 6

Click below the scroll bar.

<Transition Slide>

<screen description – no audio> Slide transitions to Vanna's Demographics page in the participant folder.

OK. We've completed the rest of Vanna's cert and are back in her participant folder.

Editing Contacts in the Participant Folder

Edit in PF 1

As we've continued to talk, Vanna has expressed interest in learning more about smoking cessation. During our short discussion about it, we provided the Alcohol, Tobacco, and Other Drugs Nutrition Ed card, highlighting some of the relevant information about smoking.

Go ahead and add Smoking as a topic discussed and the Alcohol, Tobacco, and Other Drugs card as a material given. Don't use hot keys. Click below the scroll bar to view the lists. Click anywhere for a hint.

<audio – hint> Select Nutrition Education from the sidebar.

Edit in PF 2

Displays on all Edit in PF Slides 2 – 12 <no audio> Add Smoking as a topic discussed and the Alcohol, Tobacco, and Other Drugs card as a material given. Don't use hot keys. Click below the scroll bar to view the lists. Click anywhere for a hint.

<audio – hint> Click the Edit button in the Individual Contact card.

Edit in PF 3

<audio – hint> Click inside the Topics Discussed list.

Edit in PF 4

<audio – hint> Click below the scroll bar.

Edit in PF 5

<audio – hint> Click below the scroll bar.

Edit in PF 6

<audio – hint> Select 2P Smoking from the list.

Edit in PF 7

<audio – hint> Click the Save button.

Edit in PF 8

<audio – hint> Click the Edit button in the Materials Given card.

Edit in PF 9

<audio – hint> Click inside the Materials Given list.

Edit in PF 10

<audio – hint> Click below the scroll bar.

Edit in PF 11

<audio – hint> Select GN Card: Alcohol, Tobacco and Other Drugs from the list.

Edit in PF 12

<audio – hint> Click the Save button.

Edit in PF 13

Next, we need to take a look at Leia's Nutrition Education page.

Go ahead. Click anywhere for a hint.

<no audio> Open Leia's Nutrition Education page.

<audio – Hint> Click the Participant Menu.

Individual Contact in Participant Folder

Add Contact in PF 1

<no audio> Open Leia's Nutrition Education page.

Add Contact in PF 2

First, if we were to add an Individual Contact...go ahead and click the icon...

<no audio> Click the Individual Contact icon.

Add Contact in PF 3

The Type defaults to Secondary Contact (at Benefit Pick-up).

OK. We've already reviewed adding this type of contact so our focus in Leia's folder will be Goals.

Click the Cancel button.

Add Goal Results

Add Goal Result 1

We are adding our goal result for the goal set at Leia's last WIC visit.

Click the Edit button.

<no audio> Click the Edit button in the Goal Setting card.

Add Goal Result 2

The same Goal Setting Contact modal opens.

Both the Contact Date and the Goal are disabled.

But the Result dropdown is always enabled.

This allows us to document a result and, if needed, update it as appropriate in the future.

Click the Result dropdown.

Add Goal Results 3

Skim through the options.

Again, we can enhance our Goal documentation by selecting See Notes.

Vanna would like to continue working on this goal so select that option and click the Save button.

<no audio> Select Goal Continues and click the Save button.

Add Goal Results 4

<no audio> Select Goal Continues and click the Save button.

Edit/Delete Goal Results

Edit/Delete Goal Results 1

Let's take a look at the August 8th goal.

Select that contact.

<no audio> Click the 8/8 contact.

Edit/Delete Goal Results 2

For this older goal, we have Goal Continues.

When we check in with Vanna about Vitamin D, we decide we might need to do some follow-up with a note.

Let's update this goal. Click the Edit button.

Edit/Delete Goal Results 3

Click the Result dropdown.

Edit/Delete Goal Results 3A

Before we edit, we should note that unlike all other contacts we can actually delete our goal result by selecting the blank space above the options.

Let's check that out first.

Click the blank space and click the Save button.

Edit/Delete Goal Results 4

<no audio> Click the blank space and click the Save button.

Edit/Delete Goal Results 5

But, obviously, we don't have to remove our goal result to edit...so let's rewind...

<screen description – no audio> Slide transitions back to Nutrition Ed goal with goal result of Continues.

Edit/Delete Goal Results 5

Now, go ahead and edit, choose See Notes as our goal result, and save.

Edit/Delete Goal Results 6-8

<no audio> Click the Edit button, select See Notes, and click the Save button.

Group Education Contacts

Group Ed 1

Group Education is the last type of contact, and we'll look at it very briefly.

Click the icon.

<no audio> Click the Group Education Contact icon.

Group Ed 2

The Group Nutrition Education Contact modal opens.

Group education is not widely used by Minnesota WIC, but it is an option for secondary Nutrition Education contacts, and we should look to our agency if they use group education **classes** for more information.

Group Ed 3

Group Education, however, is used to automatically document the self-guided Nutrition Education option called wichealth.org and lessons completed by a family are automatically inserted as a Group Education contact during End-of-Day.

The Topics Discussed dropdown...go ahead and click it...

<no audio> Click the Topics Discussed dropdown.

Group Ed 4

...lists all the wichealth.org lessons that are available.

The lessons are the same for all WIC categories, but they don't all apply to each category.

For instance, Babies First Cup is not an applicable lesson for a 4-and-1/2-year-old child.

Click inside the Topics Discussed dropdown to close it then click the Cancel button.

<no audio> Click inside the Topics Discussed dropdown then click the Cancel button.

Group Ed 5

<no audio> Click inside the Topics Discussed dropdown then click the Cancel button.

Group Ed 6

Click the contact date with a Group Education contact.

<audio – hint> Click the 11/9 Nutrition Education contact.

Group Ed 7

All completed wichealth.org lessons are automatically inserted into all currently certified household members' records.

We don't have to do anything else to document the lesson completion, but we are required to follow-up and provide the family with an opportunity to discuss the lesson contents via phone, text, or email.

Again, if our agency uses wichealth.org for low-risk participants, we should refer to our agency for more guidance.

Group Ed 8

For more information about wichealth.org, please refer to the Remote Nutrition Education page on the MDH WIC website.

Click the button to continue.

Group Ed 9

This concludes our review of Nutrition Education.

Click the button to continue.

Knowledge Test

Multiple Choice Q#1

Which statement is true?

- A. We should select every topic assessed when documenting on the Nutrition Education page; more is better!
- B. The Nutrition Education page provides a simple system for documenting required topics for new families.
- C. Group Education is a viable type of contact while in Certification Mode.
- D. We can only edit our Goal and Goal Result on dates other than today; all other contacts can only be edited on the date created.
- E. The lists of topics, materials, and goals can be individualized for each agency.

Answer #1

The answer is B.

The Nutrition Education page allows us to easily document multiple topics we are required to cover with new families.

Corrections for other answers:

A – We should only document info we've discussed; not everything we've assessed.

C – Group Education is enabled but does not have any topics available in Certification Mode because it can only be used as a Secondary Nutrition Education contact.

D – We can only edit our Goal Results on dates other than today; we cannot edit Goals except for on the date they are created.

E – The lists of topics, materials, and goals are statewide and the same for all agencies.

End

End Slide

Thank you for reviewing this WINNIE online training module presented by the Minnesota Department of Health WIC Program.

NUTRITION EDUCATION 1B

If you have any feedback, comments, or questions about the information provided, please submit the [WINNIE Questions for the State WIC Office](#) form.

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