

COMPETENCIES AND OBJECTIVES – WIC Supplemental Nutrition Programs

COMPETENCIES AND OBJECTIVES	LEARNING ACTIVITIES	EVALUATION	EXAMPLES OF RESOURCES
<p>1. Nutrition Program Overview Demonstrates knowledge of nutrition program and delivery of services.</p> <ul style="list-style-type: none"> • Describes the goals and purpose of the nutrition program/agency. • Identifies program-eligible population and their nutrition care needs. • Describes the benefits as well as specific foods and services provided by the program. • Follows established policies and procedures of the State and local agencies in providing program services. • Upon instruction from the nutritionist, adopts changes in guidelines and regulations in the delivery of services. • Uses basic procedures in implementing program services, e.g. certification, enrollment, nutrition education, etc. • Follows established procedures in determining eligibility for the program. • Applies the principles of Integrated Statewide Information System (ISIS). • Describes the responsibilities of each staff member in the nutrition program. 	<ul style="list-style-type: none"> • Observes staff delivering the program services to participants and reports on observations. • Discusses WIC program procedures with preceptor. • Determines eligibility for WIC program participation for at least ten applicants. • Familiarizes self with rules and regulations of the WIC program. • Observes staff performing ISIS duties. 	<p>Report evaluation</p> <p>Continuous feedback by preceptor</p> <p>Mid-progress evaluation</p> <p>Final performance evaluation</p>	<p>Training videos/DVD</p> <p>CA WIC Training Manual</p> <p>WIC Learning Online at http://www.nal.usda.gov/wicworks/WIC_Learning_Online/index.html</p> <p>WIC Program brochures</p> <p>California WIC website http://www.cdph.ca.gov/programs/wicworks/Pages/default.aspx</p> <p>National WIC Association website http://www.nal.usda.gov/wicworks/WIC_Learning_Online/index.html</p> <p>Risk Factor List (ISIS)</p>

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<p>2. <u>Nutrition Principles</u> Applies knowledge of basic nutrition principles in the provision of nutrition services.</p> <ul style="list-style-type: none"> • Uses knowledge of human nutrition to identify the nutritional requirements of specific age groups from infancy to adulthood, including pregnancy, breastfeeding and postpartum. • Uses dietary standards, e.g. MyPyramid in evaluating and planning food intake. • Applies knowledge of food groups and recommended serving sizes in assessing participants for nutrition adequacy. • Uses basic nutrition and/or special diet principles in providing nutrition counseling to participants. • Describes the advantages of breastfeeding, when appropriate. • Describes the principles of breastfeeding physiology and management of breastfeeding, when appropriate. • Takes into account participant’s individual needs identified in nutrition screening in educating participants. 	<ul style="list-style-type: none"> • Discusses targeted nutrients and their food sources with preceptor and prepares a short report. • Observes a nutrition counseling session and/or group education class in a WIC clinic. • Assesses dietary intake of participants in all categories served by WIC: pregnant women, postpartum women (breastfeeding and non-breastfeeding), infants and children. • Uses relevant dietary, anthropometric and biochemical parameters in counseling, if applicable. 	<p>Short report</p> <p>Continuous feedback: Preceptor to observe student and give oral feedback</p> <p>Feedback on a minimum of two completed <i>Nutrition Questionnaires</i> per category</p> <p>Mid-progress evaluation</p> <p>Final evaluation based on progress evaluation and continuous assessment</p>	<p>MyPyramid.gov web resources</p> <p>WIC Training Manual</p> <p>WIC Learning Online modules</p> <p>WIC Program materials and handouts on nutrition</p> <p>WIC Breastfeeding training manual and supporting materials</p> <p><i>Nutrition questionnaire</i></p>

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<p>3. <u>Communication Skills</u> Uses appropriate communication skills.</p> <ul style="list-style-type: none"> • Communicates in clear concise manner, using terminology appropriate to target audience. • Follows recommended procedures for obtaining participant information. • Demonstrates sensitivity to participant’s cultural, social and economic background and beliefs relating to food and nutrition. • Uses effective educational and counseling methods to recommend and promote behavior change. • Records pertinent information in appropriate format using acceptable wording and correct medical terminology. • Uses appropriate communication skills e.g. telephone skills, customer service. 	<ul style="list-style-type: none"> • Observes staff interacting with participants during clinic procedures, telephone inquiries and screening, where applicable. • Role-play on using appropriate communication skills. • Demonstrate motivational interviewing skills. • Interacts with participants in delivering clinic services. • Presents effective orientation/nutrition education class(es): <ul style="list-style-type: none"> -prepares materials, -practices presentation to a designated group, -provides orientation/class(es) to participants 	<p>Continuous feedback</p> <p>Evaluation form</p> <p>Mid-progress evaluation</p> <p>Final performance evaluation</p>	<p>CA WIC Training Manual</p> <p>Training videos</p> <p>WIC Learning Online http://www.nal.usda.gov/wicworks/WIC_Learning_Online/index.html</p> <p>WIC Parent Connections (web video on group facilitation skills) http://www.touchingheartstouchingminds.com/tools_video.php</p>

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<p>4., 5., & 6. <u>Program Eligibility, Participant Certification, Dietary Assessment, and Eligibility Screening</u> Enrolls eligible participant and performs nutrition screening.</p> <ul style="list-style-type: none"> • Collects appropriate anthropometric data on participants. • Compares anthropometric measurements to reference standards to determine nutrition risk. • Compares pertinent biochemical data, e.g. hemoglobin and hematocrit, to established criteria to determine if participant is at nutrition risk. • Performs dietary assessment of participants using established procedures. • Identifies cultural/socioeconomic factors affecting food intake. • Completes dietary assessment and documents nutritional needs of lower risk participants. 	<ul style="list-style-type: none"> • Practices measuring height and weight of fellow students using correct procedures/equipment. • Enters appropriate anthropometric and biochemical data on nutrition questionnaire. Reviews data for accuracy and logic, and takes appropriate action based on data reviewed. • Observes WIC staff during screening process and dietary assessment of participants. • Conducts dietary assessment and document results on nutrition questionnaire for all categories of participants served by the WIC program. 	<p>Observation and feedback from preceptor</p> <p>Mid-progress evaluation</p> <p>Feedback on completion of two nutrition questionnaires per category of participants served by WIC</p> <p>Final performance evaluation</p>	<p>CA WIC Training Manual</p> <p><i>Nutrition Questionnaires</i></p>

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<p>7. <u>Nutrition Education</u> Educates participant as appropriate, based on assessed nutrition needs.</p> <ul style="list-style-type: none"> • Refers high risk participants to nutritionist for nutrition care and counseling. • Provides nutrition education to participants through individual counseling and/or group classes. • Educates participants on possible health implications of certain food/nutrition practices. • Provides information on the benefits of breastfeeding and techniques for getting started to all prenatal women, regardless of indicated feeding choice, where appropriate. • Helps participants establish goal for nutrition related behavior change. • Evaluates effectiveness of nutrition education based on participant acceptance, achievement of goals and actual learning and behavior changes. • Uses appropriate nutrition education materials in nutrition counseling and classes. • Tailors education activities to individual's educational, cultural, ethnic, economic and other special needs. • Participates in staff training as recommended by the nutritionist. 	<ul style="list-style-type: none"> • Observes group classes and/or counseling given for each category of participants: pregnant, postpartum, breastfeeding women, infants, and children, where applicable. • Plans and delivers nutrition education class(es) and or counseling, where appropriate. • Counsels mothers on breastfeeding issues and on importance of breastfeeding, where applicable. 	<p>Continuous feedback</p> <p>Evaluation of counseling/nutrition education class using appropriate form</p> <p>Mid-progress evaluation</p> <p>Final evaluation based on progress evaluation and continuous assessment</p>	<p>WIC Learning Online http://www.nal.usda.gov/wicworks/WIC_Learning_Online/index.html</p> <p>CA WIC Manual</p> <p>WIC Program Nutrition Education Protocols</p> <p>WIC Breastfeeding promotion materials</p>

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<p>8. <u>Food Delivery System (WIC program specific)</u> Demonstrates knowledge of food delivery system.</p> <ul style="list-style-type: none"> Explains food instruments issuance and redemption procedures to participants, where applicable. 	<ul style="list-style-type: none"> Explains the correct use of food instruments (vouchers) to new participant. Understands the standard food packages for each category of participants served by WIC. 	<p>Oral test on WIC standard food packages and uses</p> <p>Continuous feedback</p> <p>Mid-progress evaluation</p> <p>Final performance evaluation</p>	<p>CA WIC Manual</p> <p>CA WIC Program Resource materials</p>

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<p>9. <u>Referral and Community Outreach</u> Refers participant to appropriate community services.</p> <ul style="list-style-type: none"> • Describes services offered and eligibility requirements of community health, social service and financial support agencies. • Following agency protocol, identifies/refers participants needing referrals. • Assists the nutritionist in planning and implementation community outreach activities to increase awareness about the program. • Effectively presents information about the WIC program to target audiences in outreach activities. • Provides written referral(s) to include name, address and phone number. 	<ul style="list-style-type: none"> • Observes WIC staff referring participants as appropriate. • Identifies and makes referrals for at least two participants. • Discuss, plan, and participate in outreach activities with WIC staff. • Attend County Nutrition Action Plan Committee meetings; BANPAC; other collaborative meetings 	<p>Observation, discussion and feedback from preceptor</p> <p>Mid-progress evaluation</p> <p>Report on new outreach opportunities</p> <p>Final performance evaluation</p>	<p>CA WIC Outreach Manual</p> <p>CA WIC Training Manual</p> <p>WIC Program Referral Manual</p>

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<p>10. <u>Computer Skills</u> Demonstrates basic computer skills needed for delivery of program services.</p> <ul style="list-style-type: none"> • Understands the principles of Integrated Statewide Information System (ISIS). • Enters data into computer efficiently. • Uses the computer to input/update pertinent data in participant’s records using appropriate software, e.g. ISIS. • Interprets computer data to plan and monitor care of participants. • On a weekly basis, students will post their weekly learning summaries online to the discussion forum of CCSF’s Insight to share with other students. • As a culminating project, students will create a multimedia presentation, “The Learning Journey”, to document achievement of the core competencies. They will post it to CCSF’s Insight to share their unique learning experiences with all students and program faculty. 	<ul style="list-style-type: none"> • Enters relevant WIC participant data form case studies, working in training region of ISIS. • Interprets and documents data on ISIS in training region. • Participate in tech-enhanced learning and collaboration through CCSF’s Insight course management system by posting weekly learning summaries and a final “Learning Journey” project. 	<p>Mid-progress evaluation</p> <p>Final performance evaluation</p>	<p>Integrated Statewide Information System (ISIS) training resources</p>