

# Midcertification Assessment Questions - Breastfeeding Woman

## Participant Centered Conversation

- What would you like to talk about today?
- Follow up on previous nutrition and health assessment.

<b>A</b>	<p><b>100's Anthropometric = HT/WT, % tiles</b> <i>(Anything related to weight gain, loss, growth)</i>            Only if applicable:</p> <ul style="list-style-type: none"> <li>• How are you feeling about changes to your body since your pregnancy ended?</li> </ul>
<b>B</b>	<p><b>200's Biochemical = Blood Tests</b> <i>(Anything related to blood – anemia, lead)</i>            Only if applicable:</p> <ul style="list-style-type: none"> <li>• What has your doctor said about your iron?</li> <li>• What do you know about anemia?</li> </ul>
<b>C</b>	<p><b>300's Clinical = Health/Medical Conditions</b> <i>(anything related to medical history or medical conditions)</i></p> <ul style="list-style-type: none"> <li>• Tell me about any changes to your health/eating habits. (Medical conditions, food/beverage choices, weight)</li> </ul>
<b>D</b>	<p><b>400's Diet and Nutrition</b></p> <ul style="list-style-type: none"> <li>• How is breastfeeding going for you and your baby?</li> <li>• What are your goals for breastfeeding? (Supply, pumping schedule, separation, storing)</li> <li>• OPTIONAL:               <ul style="list-style-type: none"> <li>○ Please share one thing you like about your eating habits.</li> <li>○ What would you like to be different about your health/eating? Why?</li> <li>○ Are you taking any vitamin or mineral supplements? (Folic acid, vitamin D)</li> </ul> </li> </ul>
<b>E</b>	<p><b>900's Environmental/Other Factors</b></p> <ul style="list-style-type: none"> <li>• What are some physical activities that you enjoy doing?</li> </ul>