

Examples SOAP notes:

Child

S: Mom stated that child only snacks throughout the day. Joey likes meats and will eat most anything. Current with IZ and has an appt next week with MD. Mom requests that we continue with Ht/Wt/Hgb checks.

O: Mostly Preloaded information.

Child's height has dropped to the 25th percentile, weight to the 10th percentile, Hgb 10.4 low.

Risk factors:

135- inadequate growth- in 3 months child gained 1 lb.

201- low hemoglobin- current 10.4 Low, previous 10.6 Low

Individual topics discussed:

Rights and Responsibilities (Required)

Purpose and benefits of the WIC Program (Required)

WIC Food Package (Required)

Alcohol, Tobacco, Drug Use (Caregivers/Required)

Foods high in iron- handout

Discussed age appropriate weight gain for child

Myplate for toddlers was given and discussed

Goal: The participant center goal is to start an iron supplement daily for child and eat 3 meals a day.

A: Child's height/weight inadequate. Inadequate oral intake for Kcals. Hgb low. Referred mom to MD for iron supplementation.

P: Next appointment in 3 months for Ht/Wt/Hgb follow up.

Follow up on MD referral for iron supplements and goal on eating 3 meals a day.

Potential Education: Adding calories to meals.

Pregnant women

S: Going to the birth center for ob care. She does not really like milk but will cook with it, does like cheese and gets Ca in other sources. She does want to bf, has had a good past experience. She takes a PNV daily. No dentist at this time.

O: Preloaded information mostly.

65 0/8 inches 179 pounds 6 ounces. Height for age percentile: N/A Weight for age percentile: N/A
HGB:11.4 HCT: 0 Lead:0 E.P.:0

Risk Factors Assigned

111 Overweight Women

133 High Maternal Weight Gain

332 Closely Spaced Pregnancies

Individual topics discussed:

Rights and Responsibilities (Required)

Purpose and Benefits of the WIC Program (Required)

WIC Food Package (Required)

Receiving Ongoing Health Care

Achieving Recommended WT Gain (Required)

Avoiding Alcohol, Tobacco, Drugs (Required)

MyPlate/Balanced Meals

Making Informed Decision BFing (Required)

Goal: Participant centered goal is.... Participant declined goal at this time.

A: Folic acid intake adequate, PNV daily. Wt gain high, 20# in 2nd trimester. Participant wants to BF. Discussed Peer Counselor program. Referred participant to dentist, HCP, and RD.

P: Education appointment in 3 months.

Follow up with mom about dentist referral. See if goal can be set. Prenatal wt check at that time.

Potential Education: BFing education/infant stomach size/intake vs. output.

Infant of breastfeeding woman

S: Mom stated that she is a healthy girl but having trouble gaining weight. Dr. started supplementing yesterday. BFing about every 1 hr and then she's taking 2 oz of formula every 3rd feeding. She latches on pretty good but has trouble staying latched.

O: Preloaded information Mostly:

18 6/8 inches 5 pounds 13 ounces. Height for age percentile: 3.48% Weight for age percentile: 1.14%

Risk Factors Assigned

121 Short stature or at risk of short stature

701 In. < 6 Mo. & Mom is on WIC or would have been Elig. - Preg.

Individual topics discussed:

Rights and Responsibilities (Required)

Purpose and benefits of the WIC Program (Required)

WIC Food Package (Required)

Alcohol, Tob, Drug Use (Caregivers/Required)

BFing latch education. How to look for transfer of milk.

Goal: work on weight gain for baby.

A: short stature, back to birth weight today, 5#13oz, naked weight.

disc: growth grid, BFing supply and resources-referred to BPC, delay of solids until 6 months

P: Follow up in 1 month with a wt check and education provided for bfing on demand, latch, milk transfer.

Participant's goal was to work on weight gain, take weight at appointment.

Potential Education: Infant oral health and readiness for solid foods.