



Arizona WIC Program-Nutrition Discussion/Health Check Observation

REVIEWER: _____

DATE: _____

AGENCY: _____

SITE: _____

	1	Comments	2	Comments
CNW / Nutritionist (list)				
Participant Name/ID (list)				
Type of Ed (Nut Ed or Health Check)				
Greeted Client/Introduced Self				
Opened the session in an engaging way and let the client know what to expect from the visit.	0 1 2 3		0 1 2 3	
Tailored the session to the client's goal(s) set at certification OR to client's expressed interest. (Following up from previous appointment)	0 1 2 3		0 1 2 3	
Assessed progress of current goal(s); if met, offered praise, if not				
Asked open-ended questions regarding client's knowledge and/or experience with current goal(s) and/or topic of discussion.	0 1 2 3		0 1 2 3	
Allowed for silence during the session, giving the client time to think and respond.				
Used positive affirmations and reflective listening/summarizing during discussion.	0 1 2 3		0 1 2 3	
Used probing questions to clarify information and gain a better understanding of the client's needs.	0 1 2 3		0 1 2 3	
Addressed benefits and barriers to reaching the current goal(s) and/or the topic of discussion for her and her child/family.	0 1 2 3		0 1 2 3	

√ = Complete, done correctly
0-Not attempted

∅ = Incorrectly done or not done
1-Beginning 2-Intermediate

N/A = Not applicable
3-Advanced



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Allowed client opportunity to voluntarily state next step (goal).				
Asked permission to offer nutrition education and/or provided a simple and accurate nutrition message with 0-2 handouts related to goal(s) and/or topic of discussion.	0 1 2 3	What tool(s) were used?	0 1 2 3	What tool(s) were used?
Closed the appointment by summarizing the discussion, thanking the client for their sharing, and setting the stage for the next visit.	0 1 2 3		0 1 2 3	
Plan for next appointment was addressed				
Appropriate referrals were made				
Length of appointment				
Staff focused on the client and not the computer.				
Did the Nutrition education provided meet the client's needs, concerns, household situation, cultural preferences, and if applicable, breastfeeding practices.				
Was the education appropriately documented in AIM?				

Notes

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