Anthropometric Basics Online Orientation Course Guidance

This course includes best practices and the most current recommendations for obtaining and interpreting anthropometric measurements for infants, children and women. References used in the course include the Centers for Disease Control and Prevention (CDC), the World Health Organization (WHO) and the Institute of Medicine (IOM). Video clips were developed by the Virginia WIC program. The course is recommended to be used for newly hired and current staff conducting or supervising anthropometrics. Note that while it provides a substantial amount of information about basic concepts of anthropometry, it will still be necessary to instruct new staff in performance of these tasks in a specific nature at each local agency. Also note that WIC staff may observe differences in the course and current Wisconsin WIC policies and guidance. A separate section in this guidance addresses some of these differences.

HOW TO USE THIS COURSE

Initial Course Launch
1. It is recommended that everyone who supervises those who conduct anthropometrics complete the course.
2. Individuals that perform anthropometrics are also recommended to complete the pertinent sections of the course.
3. Use the Anthropometrics Observation Form for peer review or supervisor/staff person review.

Orientation
1. It is recommended that all new staff complete the online course, receive demonstration of correct techniques and have time to practice the tasks.
2. Supervisor uses Anthropometrics Observation Form to ensure staff performance is accurate.
3. Supervisor and staff person discuss positive performance status or remediation and support needed to achieve success.

Project Performance Review – Yearly
1. Supervisor uses Anthropometrics Observation Form to ensure staff performance is accurate.
2. Supervisor and staff person discuss performance and support needed to achieve success.

Monitoring
1. Identify staff person who needs further training in anthropometrics.
2. Remediate
   a. Staff person reviews course and receives demonstration of correct technique.
   b. Supervisor uses Anthropometrics Observation Form to observe and ensure that staff performance is accurate.
   c. Supervisor and staff person discuss performance and support needed to achieve success.
COURSE MODULE DESCRIPTIONS

Module 1: Equipment - This module was designed for staff that makes equipment purchasing decisions, provide care for the equipment, or conduct the anthropometrics with clients. It provides an overview of equipment requirements and maintenance.

Module 2: Weighing and Measuring - This module was designed for all staff that conduct anthropometrics. The content includes details on how to accurately weigh and measure infants, children and women.

Module 3: Growth Charts - This module was designed for all staff conducting anthropometrics. This section provides the basic design and use of infant and pediatric growth charts and the different prenatal weight gain grids for pregnant women.

Module 4: Prenatal Weight Gain Interpretation - This module was designed for staff that complete anthropometric assessment and counsel pregnant women. This module covers information to consider when interpreting prenatal weight gain.

DOWNLOADS

Before starting - Note taking worksheet is posted on home page of the course. Print and use to take notes as you go through each module.

When watching modules - Documents related to specific modules are posted on website beneath each course module.

After completion - Use observation form with another person for review of equipment and technique. Form is posted on home page of the course.

DIFFERENCES IN WISCONSIN WIC POLICY AND MODULES

WIC staff may observe differences in the course and current Wisconsin WIC policies or guidance documents. These are addressed below.

Module 1: Equipment

1. Calibration rods - The course documents suggest use of calibration rods for checking accuracy of length boards and stadiometers. While not required in WIC policy, calibration rods may be helpful tools to use to verify accuracy of placement of stadiometers and headboards that may have moved over time.

2. Scale logs - Scale logs have been modified to include instructions and to allow for the inclusion of manufacturer’s current recommendations for maintenance.

3. Scale specifications - Module states the adult scale should weigh 400+ pounds and mentions reading the scale at eye level. In WIC it is not required to have a scale to read to 400#, but it is best practice to have scales that can weigh participants of all weights. This
is something to consider when purchasing new equipment. Some scales also have reading at eye level, not a requirement, but again to be considered when purchasing new equipment.

4. Head Circumference - Equipment checklist includes information on head circumference. While we typically do not measure head circumference, WIC RDs working with Children with Special Health Care Needs may use this information.

Module 3: Growth Charts

1. Manual plotting - Module explains how to plot on paper charts. While ROSIE plots automatically it is useful to know how to plot manually. This may be specifically of interest when using specialized non-electronic growth charts. It may also be helpful in the case of a power or equipment failure.

2. Additional Charts - The module shows a variety of growth charts, including weight for age. While WIC does not use a weight for age chart to evaluate growth, it is helpful to understand that this chart may be used in other settings.

3. Pregnancy grid - The module on pregnancy grids has a slide at the end showing multiple weight gain ranges on one chart. The slide was included to illustrate the variation in weight gain recommendations and is not a reference grid. A multiple grid chart was not available when the course was created. Refer to individual charts in the modules for weight gain recommendations based on pre-pregnancy BMI.

Module 4: Prenatal Weight Gain Interpretation

1. WIC Risk Factors - The module does not discuss WIC risk factors, but provides information on the Institute of Medicine (IOM) recommendations for weight gain during pregnancy. It should be noted that the IOM recommendations were used in defining the WIC Risk Factors. Also be aware that these weight gain recommendations are approximate. It is important to also identify and evaluate reasons for changes in pattern of weight gain. Refer to WIC Risk Factor Criteria and guidelines for specific WIC Risk Factor values and counseling recommendations.

2. Weight gain chart for twins - The module demonstrates plotting twin pregnancy weight gain on a singleton pregnancy grid while the WIC ROSIE system automatically plots on a multi-fetal gestation grid. Data suggests that weight gain of women with twins who have good outcomes varies with pre-pregnancy BMI. While multifetal prenatal weight gain grids were developed as a tool in WIC for looking at weight gain, note that prenatal weight gain in multiples is not currently used for WIC Risk Factor determination. The IOM Report, “Weight Gain in Pregnancy: Reexamining the Guidelines” includes only provisional recommendations for total weight gain for twin pregnancies for normal, overweight and obese women and does not provide specific recommendations for rates of weight gain as in singleton pregnancies or make any recommendations for underweight women with multiple fetuses. Whether using a singleton or multifetal grid it is more important to know that ultrasound serial measurements are the best indicator of fetal growth of multiples.
COURSE FORMAT: SELF – PACED

- User – friendly for all staff
- Computer requirements include internet access and flash technology capability – standard features for all computers.
- Additional information on how to navigate through the course is given in the course.
- Modules may take a while to open. Please be patient!

COMPUTER SYSTEM REQUIREMENTS:

Internet connection (broadband or better recommended)
Sound capability (with speakers or headphones)
Flash Player 10.0 or later (Get Flash Player: http://www.adobe.com/go/getflash) (Flash Player 10.0 or later recommended), and one of the following browsers:

Windows: Internet Explorer 8 and later, Firefox 4 and later, Safari 3 and later, Google Chrome 4 and later, Opera 10 and later
Macintosh: Firefox 3 and later, Safari 4 and later, Google Chrome 4 and later

Tips: If you have problems opening the course link, check if it is being blocked; if so, contact your IT support. Also, check your audio before beginning.

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