

## **Guidelines for WIC Client Referral to Registered Dietitian**

### High Risk Clients

WIC staff will refer all clients whose nutrition risk level is “high” in TWIST for a nutrition intervention with the Registered Dietitian (R.D.) *A high risk client meets the risk criterion detailed in the Oregon WIC Program High Risk Nutrition Referral Criteria from the Oregon State Health Division.* A certifier will refer a client to the R.D. by scheduling the client for an appointment with the R.D. within 1-3 months . *If a client refuses RD services, or there are no scheduled RD appointments available within the 3 month period, or the client cannot make scheduled appointment with RD, the certifier will refer the client to the R.D. for chart review within one week.* Certifier will utilize the UMCHS High Risk tracking form. WIC Operations Manager will monitor tracking form quarterly. R.D. will document the nutrition intervention/care plan in the progress notes. It is recommended that the certifier also document the reason for R.D. referral in the progress notes.

### Satellite Clinic High Risk Clients

The Certifiers that operate the satellite clinics (Fossil, Umatilla, Heppner and Boardman, Oregon) will refer all high risk clients at satellite clinics for a nutrition intervention with the UMCHS R.D. The client will be given the option to have a nutrition intervention by appointment in the Hermiston Clinic or by phone. The client can call the program 800 number or the RD will call the client so there is no expense to client. If the client should decline services, certifier will refer to the RD for chart review and the R.D. will instruct the certifier on appropriate counseling for the high risk client. The R.D. will document the nutrition intervention/care plan in the progress notes.

### Medium Risk Clients

WIC staff may refer clients with a “medium” risk level to the UMCHS R.D. for an appointment if they feel the client is in need of R.D. services. They may also ask the R.D. to do a chart review to determine need for an R.D. appointment or to receive guidance for nutrition counseling with the client. It is recommended that the certifier document the reason for R.D. referral in the progress notes.

### Monitor:

The WIC Operations Manager will complete a High Risk File Review in March, June, September and December.