

Local Agency: _____

Name: _____

Local Agency VENA/GTHM Competency Self-evaluation

NH WIC staff is asked to assess their current skills related to interacting with WIC participants. This information will be used to plan future trainings and conference calls related to VENA/GTHM.

Please return all surveys to WIC@dhhs.nh.gov 6 weeks after the New Nutritionist training or as directed.

What is VENA/GTHM?

VENA (Value Enhanced Nutrition Assessment) supports Revitalizing Quality Nutrition Services in WIC. It provides a positive approach based on desired health outcomes rather than on deficiencies. VENA complements participant-centered nutrition services by creating a partnership with the participant in goal setting. VENA connects nutrition assessment to effective and appropriate nutrition services that best meet each participant’s needs. GTHM (Getting to the heart of the Matter) is another tool to engage participants in a new way.

It gets to the heart of the matter of what may be the participant’s biggest challenge.

Section I.

No.	Statement	Never	Sometimes	Usually	N/A
1.	I establish a connection/relationship with participants before beginning a conversation.				
2.	Participants leave my appointment having had a positive experience during our counseling session.				
3.	I listen to the participant and ask for more information when unclear about the topic being discussed.				
4.	I do more listening, while the participant does more talking.				
5.	I watch for non-verbal cues while I am talking with the participant.				
6.	I write or type while the participant is talking.				
7.	I listen to participants without interrupting.				
8.	I repeat what the participant said to make sure I understood.				
9.	I assess the information I have collected prior to providing nutrition counseling.				
10.	I use the “Tell Me About ……” Health Assessment forms for collecting information for counseling.				
11.	I use the NH Dietary Assessment tools to rule out inappropriate nutrition practices prior to assigning the presumed dietary risk code.				
12.	I use the “Getting to the Heart of the Matter” tools to engage conversation and get to participant’s concerns.				
13.	I feel comfortable using GTHM tools.				
14.	I feel comfortable bridging to nutrition solutions when using the GTHM tools.				
15.	I use my own open-ended questions for collecting information for counseling.				
16.	I use StarLINC questions for collecting information for my counseling.				
17.	I consider the applicant’s point of view about nutrition and health priorities, needs and concerns before counseling.				
18.	I guide the participant toward setting a goal during the nutrition counseling.				
19.	I prioritize the nutrition concerns, and focus on 1 or 2 concerns.				

No.	Statement	Never	Sometimes	Usually	N/A
20.	I involve the participant in their nutrition care plan.				
21.	I ask questions to assess the participant's readiness to change before suggesting a behavior change.				
22.	I consider cultural preferences when selecting a food package.				
23.	I compare the participant's verbal responses with non-verbal cues to observe attitude.				
24.	I ask mostly open-ended questions.				
25.	I assess barriers to breastfeeding.				
26.	I consider cultural practices when assessing breastfeeding, nutrition and health status.				
27.	I keep the nutrition counseling focused on the participant's needs and concerns.				
28.	I summarize the counseling session at the end to clarify information.				
29.	I offer the participant educational materials in a positive and encouraging manner.				

Section II.

26. What will you do to assure that there is participant follow-up at subsequent appointments related to the identified nutrition issues or goals in the participant record?

27. What barriers have you encountered during the nutrition assessment process?

28. Do you feel you have time to address participant concerns during the counseling session? Yes No

29. What do you do if you do not have time to address participant concerns?

30. What percent of the time are you able to set a goal with a participant? _____ %

Section III.

Trainings Attended	Yes	No
Motivational Interviewing		
Breastfeeding Training Curriculum		
Other:		

Thank you for taking the time to complete this survey.