

# Diet assessment script

- Underline Open ended questions that encourage conversation
- Circle probing questions that help the certifier go deeper on a specific subject
- Checkmark Affirmations that reinforce a specific behavior
- Place a star next to Reflections that help clarify a situation and show that the certifier is listening
- Place a box around Summaries that redirect the conversation or bring closure

**CPA:** *So far we've weighed you, tested your iron levels and talked about your health history. Now I'd like to hear about what you are eating since becoming pregnant. How is eating going for you?*

**Tai:** *Not so good.*

**CPA:** *Oh I'm sorry to hear that. What can you tell me about your concerns?*

**Tai:** *Well, I can't seem to keep anything down...I get sick all the time.*

**CPA:** *That's certainly difficult to deal with. How are you dealing with being sick all the time?*

**Tai:** *I try to nibble on some saltines. That's seems to be the only food I can stomach.*

**CPA:** *So it sounds like you are not able to eat very much. What does your doctor say about dealing with your nausea?*

**Tai:** *The doctor was the one that suggested the crackers. He said that this is pretty normal for the first part of a pregnancy and not to worry if I don't gain much weight at first. He thinks I will make up for it later.*

**CPA:** *I bet you were glad to hear that! It's wonderful that you talked to your doctor about how you are feeling and then followed through with the suggestions he gave you. So Tai, given how you are feeling, are you taking any vitamins to supplement your diet?*

**Tai:** *I have tried, but unfortunately I usually end up throwing them up too. When I start feeling better, I really will try to take my vitamins and eat more so the baby can be healthy.*

**CPA:** *That's great that you see the connection between your diet and the health of your baby! When you are feeling better, what are some of the foods you can see yourself eating?*

**Tai:** *I really like fruit and I am usually a big milk drinker. Besides that, I pretty much just eat everything. I like most everything.*

**CPA:** *So you usually enjoy eating a variety of foods. That is an excellent approach to use once you are feeling better! Is there anything out of the ordinary that you seem to be craving now such as undercooked meat, raw fish or things that aren't foods?*

**Tai:** *No, those things don't sound good to me at any time but especially not when I'm so nauseous.*

**CPA:** *Understandable! You are really looking forward to feeling better soon so you can eat more normally and until that time, you are taking care of yourself by following your doctor's advice. Does that capture what we've been talking about?*

**Tai:** *Yeah, I'm doing my best.*

**CPA:** *I'm impressed by how well you are doing under difficult circumstances. Do you have anything else about your diet that you would like to discuss today?*

**Tai:** *Not right now, I will eat more when I feel better.*

**CPA:** *That is a great goal! I have some written information about eating well when pregnant that I would be happy to share with you...*

## Diet assessment script with OARS

**CPA:** *So far we've weighed you and tested your iron levels and talked about your health history. Now I'd like to hear about what you are eating since becoming pregnant. (**Summary-redirecting**) How is eating going for you? (**Open-ended question**)*

**Tai:** *Not so good.*

**CPA:** *Oh I'm sorry to hear that. What can you tell me about your concerns? (**Probing question**)*

**Tai:** *Well, I can't seem to keep anything down...I get sick all the time.*

**CPA:** *That's certainly difficult to deal with. (**Reflection**) How are you dealing with being sick all the time? (**Probing question**)*

**Tai:** *I try to nibble on some saltines. That's seems to be the only food I can stomach.*

**CPA:** *So it sounds like you are not able to eat very much. (**Reflection**) What does your doctor say about dealing with your nausea? (**Probing question**)*

**Tai:** *The doctor was the one that suggested the crackers. He said that this is pretty normal for the first part of a pregnancy and not to worry if I don't gain much weight at first. He thinks I will make up for it later.*

**CPA:** *I bet you were glad to hear that! It's wonderful that you talked to your doctor about how you are feeling and then followed through with the suggestions he gave you. (**Affirmation**) So Tai, given how you are feeling, are you taking any vitamins to supplement your diet? (**Close-ended question**)*

**Tai:** *I have tried, but unfortunately I usually end up throwing them up too. When I start feeling better, I really will try to take my vitamins and eat more so the baby can be healthy.*

**CPA:** *That's great that you see the connection between your diet and the health of your baby! (**Affirmation**) When you are feeling better, what are some of the foods you can see yourself eating? (**Probing question**)*

**Tai:** *I really like fruit and I am usually a big milk drinker. Besides that, I pretty much just eat everything. I like most everything.*

**CPA:** *So you usually enjoy eating a variety of foods. (**Reflection**) That is an excellent approach to use once you are feeling better! Is there anything out of the ordinary that you seem to be craving now such as undercooked meat, raw fish or things that aren't foods? (**Close ended question**)*

**Tai:** *No, those things don't sound good to me at any time but especially not when I'm so nauseous.*

**CPA:** *Understandable! You are really looking forward to feeling better soon so you can eat more normally and until that time, you are taking care of yourself by following your doctor's advice. Does that capture what we've been talking about? (**Summary-closure**)*

**Tai:** *Yeah, I'm doing my best.*

**CPA:** *I'm impressed by how well you are doing under difficult circumstances! (**Affirmation**) Do you have anything else about your diet that you would like to discuss today? (**Close ended question**)*

**Tai:** *Not right now, I will eat more when I feel better.*

**CPA:** *That is a great goal! I have some written information about eating well when pregnant that I would be happy to share with you...*