

## VENA Training Self-Study Module (SSM)

1. What does VENA stand for?  

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2. VENA incorporates which approaches?
  - a. Participant Centered and Health Outcome-based
  - b. Nutrition Risk and Referrals
  - c. USDA and State Policy Requirements
  - d. Collaborative and WHO-based
3. The role of the CPA in a Participant Centered WIC Nutrition Assessment is as the:
  - a. Expert
  - b. Facilitator
  - c. Competent Professional Advisor
  - d. Income verifier
4. Which factor(s) influence the success of the interaction between the Participant and WIC?  
(Select all that apply)
  - a. Clinic appearance
  - b. Customer service
  - c. Wait time
  - d. Nutrition promotion materials
5. T/F  
The WIC nutrition risks align with the health outcome-based approach in that they are important determinants of health
6. CPAs assess many factors when completing the Nutrition Assessment, including:  
(Select all that apply)
  - a. Health and nutrition status
  - b. Potential barriers to desired health outcomes
  - c. Strengths, knowledge and capabilities of the participant
  - d. Values, cultural practices and environmental factors important to each participant
  - e. Interests and current nutrition-related knowledge
  - f. Motivation for change
7. T/F  
The VENA approach requires CPAs to focus solely on communication skills?  
(communication and rapport building skills are required)
8. What are the six tenets of the VENA Approach to Nutrition Assessment?  

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9. What approach should a CPA take when collecting relevant information during the WIC assessment
  - a. Ask questions as they appear in the MIS, educate on risk, issue benefits
  - b. Review past notes/risks, dialogue with the participant on various topics, ask what the participant would like to focus on
  - c. Enter information from a diet recall form, issue benefits, schedule next appointment
  - d. Ask questions, provide handouts based on risk, issue core food package based on category
  
10. T/F  
Growth charts and pregnancy weight gain graphs are valuable assessment tools that may also be used as counseling tools during the nutrition services component of the WIC visit
  
11. \_\_\_\_\_ is defined as confidently assigning the correct risk factors based on WIC definitions/cutoff values in the VENA systemic assessment process
  - a. Collect Relevant Information
  - b. Clarify and Synthesize
  - c. Guide Nutrition Services
  - d. Document Assessment
  
12. What should be the focus of a WIC follow-up assessment?
  - a. Progress on referrals or goals set
  - b. Update assessment data, such as a hemoglobin check for a previously low value
  - c. Both A and B
  - d. Neither A or B
  
13. When complete, the WIC nutrition assessment process assists the CPA in:
  - a. Tailoring the Food Package
  - b. Providing Referrals to Community Resources
  - c. Assisting the Participant in identifying a Goal or Action Step they would like to take based on the discussion
  - d. All the above
  
14. Facilitating the transition from resistance talk to behavior change intent can occur when a CPA:
  - a. Expresses understanding
  - b. Suggests alternative ways to think about an issue
  - c. Guides goal setting
  - d. All the above
  
15. What resources are available within the VENA guidance document? (Select all that apply)
  - a. Glossary of Terms
  - b. Health-Outcome-Based Assessment by Category
  - c. Crosswalk of Health Objectives and WIC Nutrition Risks
  - d. Essential Staff Competency for WIC Nutrition Assessment
  - e. Sample Springboard Assessment Questions and Probing Questions for Nutrition/Health Objectives