

Monitoring Iron-Deficiency Anemia Procedure

Purpose

This tells site teams how to identify, document and monitor a child who has been diagnosed with iron-deficiency anemia.

Guidance

Iron-deficiency anemia is a common problem found in children. When a child is anemic their body's iron stores are depleted or exhausted. An anemic child may have a decreased attention span and decreased learning ability, they may be more tired, pale and fatigue easily.

Eating a well-balanced diet and making healthy food choices usually ensures adequate iron intake. We can help children obtain the iron they need by offering meals and snacks that contain foods high in iron such as protein foods and fortified grains. High iron foods should be served with fruits and vegetables that are high in vitamin C, which increases the absorption of iron. Reassure parents that anemia is a very treatable condition and they can help their child by providing iron rich foods and following up with their health care provider.

Procedure

1. Identify

Site teams must identify children with anemia.

- Children who have been diagnosed as having anemia by their health care provider.
- A concern is listed on *Health and Developmental History*.
- A diagnosis is documented on *Well Child Exam*.
- The results of iron tests at WIC program

2. Document

Site teams must document children who have with anemia.

- ECEAP sites input information in ELMS.
- Head Start staff receive a *Treatment Tracking Report* to complete for follow-up.
- Contact parents or guardians to discuss the child's anemia. Include the following:
 1. Ask if the child's health care provider prescribed an iron supplement.
 2. If iron supplement has been prescribed, ask if they give the supplement to their child as directed.
 3. Encourage parent to give child iron supplement if it has been prescribed by their health care provider.
 4. Ask when a follow-up visit is scheduled with the child's health care provider to re-check iron levels. This is sometimes referred to as hemoglobin or hematocrit.
 5. If a follow-up visit is not scheduled, encourage and assist the parent in returning their child to the health care provider for follow-up.
 6. Enter the date of the follow-up appointment in the Family Partnership Record.
 7. Ask if the child is enrolled in the WIC program. If not, explain the program and the benefits and encourage the parent to enroll their child. Make a point of telling them about the iron rich foods and nutrition education WIC offers.
 8. Document discussion with parents.
 9. Share the child's status and plans with team members.

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3. Monitor

- Site Team continues to work with the family to make changes that promote healthy eating choices/patterns and exercise.
- Site Team requests consultation with the Regional Nutrition Coordinator if family wants increased intervention.

Related Documents

Nutrition: Request for Consultation
Health and Developmental History
Well Child Exam

Resources

Information on Iron

Two sided flyer about why we need iron in our diet, foods rich in iron and Vitamin C and how to prevent iron deficiency anemia. This resource is available in both English and Spanish and can be found here:

http://www.earlylearningwa.org/images/ForStaff/HUB_Health_Nutrition_Safety/Resources/ResourceHN_InformationOnIron_PreELPM.pdf

Child of Mine-Feeding With Love and Good Sense

Written by Ellyn Satter, MS, RD, this book is an excellent resource for professionals and parents to better understand the dynamics of feeding children.

www.choosemyplate.gov

Developed and maintained by USDA, this website has a wide variety of information on nutrition, exercise and health. Tip sheets for parents are available in English and Spanish on many topics.