



WISEWOMAN Program Flow

Baseline Screening

The baseline WISEWOMAN screening initiates a one-year cycle. The WISEWOMAN screening **must** take place at the same time as the BCCCP screening, during the same office visit.

The **Screening Component** assesses for chronic disease risk factors and includes:

- **Body Mass Index (BMI) Assessment?**
 - Measure the participant's height and weight, and determine BMI using a BMI wheel or chart.
 - **Optimal BMI:** > 18.5 and < 25

- **Blood Pressure Assessment**
 - Measure the participant's blood pressure two times
 - Determine the category by averaging the two measurements.
 - **Optimal Blood Pressure:** < 120 (systolic) & < 80 (diastolic)

- **Plasma Glucose and Total and HDL Cholesterol Assessment**
 - Measure the participant's Glucose and Total and HDL Cholesterol using the Cholestech LDX Machine in order to obtain immediate results.
 - **Optimal Plasma Glucose:** > 50 and < 100 (Fasting)
 - **Optimal Total Cholesterol:** < 200
 - **Optimal HDL Cholesterol:** ≥ 40

- **Pulse Regularity Assessment**
 - Assess the participant's Pulse Regularity
 - **Optimal Pulse Rhythm:** Regular

See Clinical Screening Procedures for more information:

(<http://www.michigancancer.org/bcccp/wiseWomanProgram/ProgramPoliciesProcedures.cfm>)

- **Personal and Family Health History Assessment:**
 - Personal history of diabetes
 - ♦ Diabetes
 - ♦ Gestational diabetes
 - ♦ Pre-diabetes
 - Family history of diabetes
 - ♦ Parent, sibling, or child
 - Family History of Coronary Heart Disease (CHD)
 - ♦ Father, brother or son before age 55
 - ♦ Mother, sister or daughter before age 65
 - Personal history of CHD
 - **Optimal Health History:** No personal or family history of CHD or diabetes

- **Healthy Lifestyle Assessment:**
 - Physical Activity
 - Frequency of activity and time spent in activity
 - Cigarette Use
 - **Optimal Physical Activity Level:** Participation in planned physical activity at least 30 minutes per day, at least 5 days per week.
 - **Optimal Cigarette Use Level:** Not at all

In addition to the assessment of chronic disease risk factors, assess each participant's consumption of fruits, vegetables, dairy and grain products based on her responses on the WISEWOMAN Health Risk Questions Form. Use this information to help participants who want to develop nutrition goals. Nutrition recommendations are based on the 2005 Dietary Guidelines for Americans. The optimal consumption for each assessed food group is:

- **Fruits and Vegetables:** 5 cups per day (at least 2 cups fruits and 3 cups vegetables per day) focusing on a variety of colors; to include 3 cups of dried beans or legumes each week
- **Dairy:** 3 cups fat-free or low-fat milk or an equivalent amount of fat-free/low-fat yogurt and/or fat-free/low-fat cheese every day
- **Grains and Grain Products:** 6 ounces per day with at least half of the products being whole-grain cereals, breads, crackers, rice, or pasta

Risk Reduction Counseling

Each participant, regardless of her risk factors will receive risk reduction counseling at the time of screening using the WISEWOMAN *My Health Information* pamphlet, geared to low or marginal literacy readers. The pamphlet defines and identifies the participants BMI, blood pressure, total cholesterol, HDL cholesterol, glucose and pulse.

During the risk reduction counseling, the lifestyle counselor will:

- Assess the participant's current risk factors by reviewing the My Health Information pamphlet with the participant.
- Advise the participant about the meaning of her risk factors and the importance of taking small steps toward better health.
- Agree with the participant on the small steps the participant is interested in taking.
- Assist the participant with those small steps by providing her with tips and tools.
- Arrange for a referral to the Michigan State University Extension's Supplemental Nutrition Assistance Program Education and other community resources that will help the participant with health behavior change.

Health Partnership Lifestyle Intervention

The participant's risk factors and willingness to change will determine the type of lifestyle intervention she receives. Participants indicating they are ready and willing to make a change will be offered further assistance with goal setting. Using the Healthy Lifestyle Goals form, the lifestyle counselor and the participant will determine which goal she wants to focus on.

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Lifestyle counselors use client-driven goal setting that focuses on identifying small steps in making behavior change. By accomplishing small changes the woman feels empowered to make bigger changes and can be ultimately more successful in making long term behavioral change.

Level 3 Intervention – for participants who are ready to make changes:

- Lifestyle counselor helps the participant develop Healthy Lifestyle Goal
- Participant receives at least two and up to five additional lifestyle-counseling contacts
- Contacts provide support and assistance related to lifestyle behavior change goal

Level 2 Intervention – for participants who are not ready to make changes but have at least two risk factors:

- Participant **MAY** develop Healthy Lifestyle Goal
- Participant receives one contact 2 – 4 weeks after initial baseline screening visit
- Contact provides encouragement and support toward making small steps toward healthy behavior changes

Level 1 Intervention – for participants who are not ready to make changes and have less than two risk factors:

- Participant **MAY** develop Healthy Lifestyle Goal
- No further contact is required

See Lifestyle Counseling Protocols for more information:

(<http://www.michigancancer.org/bcccp/wiseWomanProgram/ProgramPoliciesProcedures.cfm>)

Medical Referrals

Refer program participants to a health care provider under the following conditions:

- BP greater than **140** (systolic) **and/or** greater **90** (diastolic)
- Total Cholesterol greater than **240**
- Total Cholesterol **200-239** with HDL less than **40** **or** 2 or more risk factors **or** history of Coronary Heart Disease **or** history of diabetes (Use Borderline Cholesterol Worksheet.)
- HDL is **less than 40** **and** Total Cholesterol is **less than 200**
- Fasting Plasma Glucose greater than **100** (After fasting at least 9 hours)
- Casual Plasma Glucose greater than **160**
- Casual Plasma Glucose greater than **100 with one or more risk factors** (Use Diabetes Risk Factor Worksheet.) – Refer participant for a Fasting Plasma Glucose. Refer for diagnostic exam if FPG \geq 100.
- Newly detected irregular pulse

See Screening and Referral Protocols for more information.

(<http://www.michigancancer.org/bcccp/wiseWomanProgram/ProgramPoliciesProcedures.cfm>)

Medical Care Case Management

If a program participant's blood pressure and/or cholesterol and/or glucose measurements fall into the alert range, she will receive Medical Care Case Management. (Less than 3% of program participants will have values in the alert range.) Alert values are:

- BP is **greater than 180** (systolic) **and/or greater than 110** (diastolic)
- Total Cholesterol is **greater than 400**
- Glucose is **less than 50 or greater than 275** (fasting or casual)

See Medical Care Case Management Protocols for more information.

<http://www.michigancancer.org/bcccp/wiseWomanProgram/ProgramPoliciesProcedures.cfm>

Community Programs to Support Behavior Change

All WISEWOMAN participants should have the opportunity to participate in programs to support identified goals (e.g., smoking cessation, nutrition and physical activity). Some examples include cooking classes, community gardens, gardening classes, and walking clubs.

- Agencies may choose to develop programming for WISEWOMAN participants and other community members. Agencies may be reimbursed for participation by WISEWOMAN participants in a group contact setting within the limits described in the Lifestyle Counseling Protocols and the Billing and Reimbursement Protocols.
- In the absence of local agency programming, WISEWOMAN participants should be referred to appropriate free/low cost community programs to support identified goals. These referrals are not covered by WISEWOMAN funds.

Rescreening

At least 35% of WISEWOMAN program participants should receive WISEWOMAN rescreening services 12 to 18 months after their previous screening.

See Rescreening Policy for more information.

<http://www.michigancancer.org/bcccp/wiseWomanProgram/ProgramPoliciesProcedures.cfm>



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Health Partnership
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