

CPSP Virtual Provider Overview Day 2 Post-Test

Please circle the correct answer(s).

Name: _____
Clinic: _____
Phone: _____
Email: _____
Date Training Completed: _____

1. A woman's nutrition matters most during her pregnancy.
 - a. True
 - b. False

2. The newest approved diet intake tool is the PFGR which stands for:
 - a. Prenatal Food Group Recall (PFGR)
 - b. Perinatal Food Group Response (PFGR)
 - c. Perinatal Food Group Recall (PFGR)
 - d. Postpartum Food Group Recall (PFGR)

3. Select all the nutrition tools and forms you will need:
 - a. USDA Food Intake Standard
 - b. MyPlate for Moms & My Nutrition Plan for Moms
 - c. PFGR
 - d. Perinatal Food Group Guide

4. Responses that fall in the *shaded* box on the PFGR are a nutritional concern to address with the client.
 - a. True
 - b. False

5. The PFGR will need to be documented on the individualized care plan (ICP) as "inadequate diet" if client has problems in at least 3 or more food groups.
 - a. True
 - b. False

6. Weight should be plotted for all OB visits.
- a. True
 - b. False
7. Inadequate weight gain or excessive weight gain will need to be documented on all of the following **EXCEPT**:
- a. Individualized Care Plan (ICP)
 - b. Delivery record
 - c. Prenatal Assessment Form
 - d. Postpartum Assessment Form
8. Healthy weight loss will be about 2-4 pounds per week.
- a. True
 - b. False

**Please submit your completed test to
Joceline Hernandez, RD, CLE
jhernandez@ph.lacounty.gov or (213) 639-1034 (fax)**

**THIS SECTION TO BE COMPLETED
BY LA COUNTY CPSP STAFF**

Score: / 8 = %

Passing: YES NO

Follow-up call completed: YES