

CPSP Virtual Provider Overview Day 2 Post-Test

Please circle the correct answer(s).

Name: _____
Clinic: _____
County (ex. Los Angeles): _____
Phone: _____
Email: _____
Date Training Completed: _____

1. Nutrition matters most during pregnancy.
 - a. True
 - b. False

2. The 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 Pregnant & New Parents including Breastfeeding
 - c. MyPlan for Pregnant & New Parents including Breastfeeding
 - d. PFGR

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 LA County CPSP:
Email: cpsp@ph.lacounty.gov**

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

Score: / 8 = %

Passing: YES NO

Follow-up call completed: YES