THE REPUBLIC OF UGANDA

Ministry of Health

Integrating Nutrition Assessment, Counselling, and Support into Health Service Delivery

Facility-Level Job Aids

Revised March 2016

Acknowledgements

Your Role as a Community Resource Person

Nutrition Care and Support for Children

Creating Awareness/ Counselling → **Assessing** → **Referral/Reporting** → **Follow-Up**

Card 1

Your Role as a Facility-Level Health Worker

Nutrition Care and Support for Children

Consulting Referral Card ➡ **Assessing** ➡ **Appetite Test/Counselling/ Reporting**
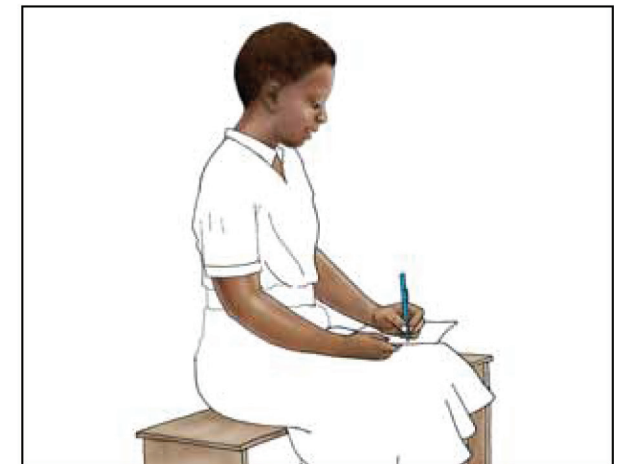
Card 2

Your Role as a Community Resource Person

Nutrition Care and Support for Adolescents, Adults (Including Elderly), and Pregnant/Lactating Women with Children < 6 Months
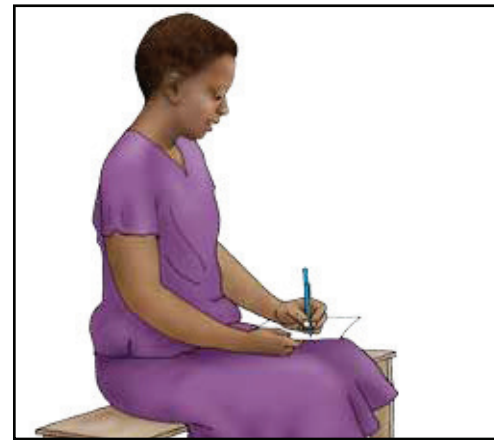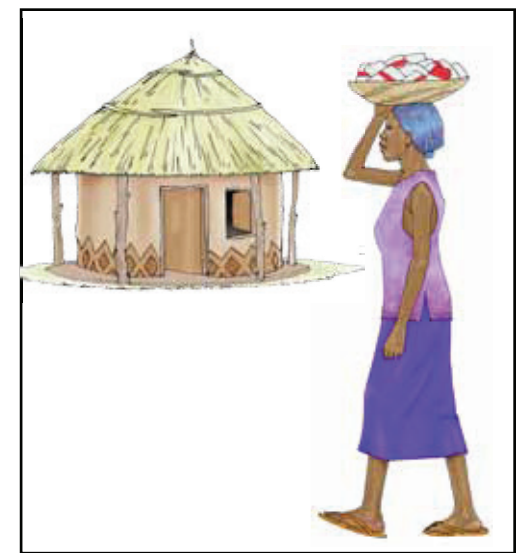
Creating Awareness/ Counselling ➡ **Assessing** ➡ **Referral/Reporting** ➡ **Follow-Up**

Card 3

Your Role as a Facility-Level Health Worker

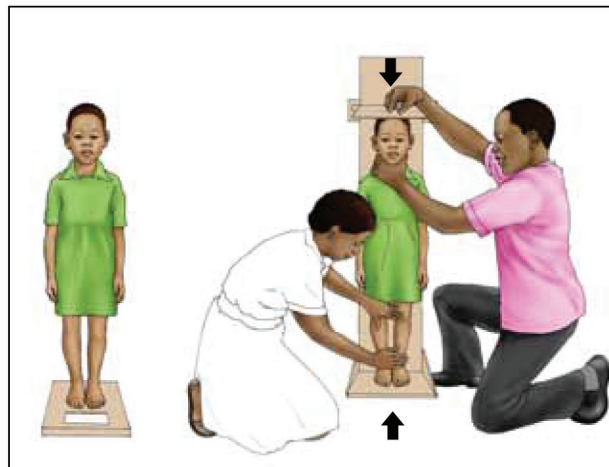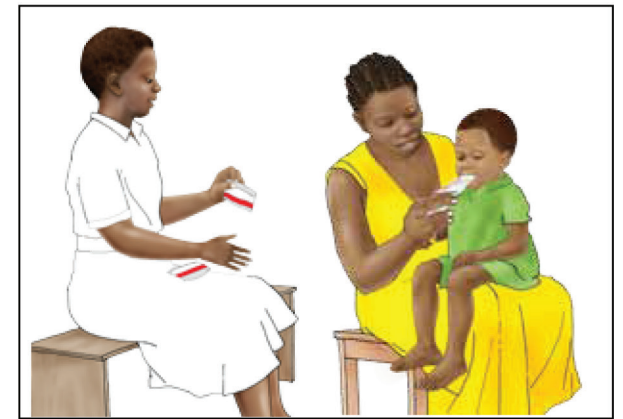## in Nutrition Care and Support

Consulting Referral Card
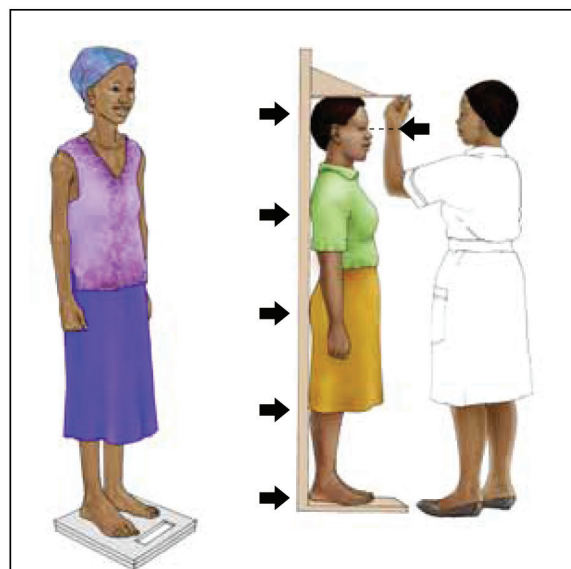
Assessing

Appetite Test/Counselling/ Reporting

Using a MUAC Tape for Nutrition Assessment

0 CM

Children 6–59 months

CHILDREN
6 mos - 59 mos

6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27

Children 5 to < 10 years

CHILDREN
5 yrs to < 10 yrs

6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27

Adolescents 10 to < 15 years and elderly (60 years+)

ADOLESCENTS
10 to < 15 yrs
ELDERLY
(60+ yrs)

6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27

29

Adolescents 15 to < 18 years

ADOLESCENTS
15 to < 18 yrs

6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27

Adults 18 years and older & pregnant and postpartum women with child < 6 months

ADULTS
18 yrs & older,
Pregnant,
Postpartum
w/child
< 6 mos

6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27

0 CM

MUAC stands for 'mid-upper arm circumference'. A MUAC tape is a simple tool to measure a person's nutrition status. There are 5 different tapes for 5 age groups.

Each MUAC tape has the same colour coding:

🟥 severe acute malnutrition (SAM)   🟨 moderate acute malnutrition (MAM)   🟩 mild or no malnutrition

Card 5

Target Groups for MUAC Measurement

Infants from 6 Months & Children

Adolescents & Adults (Including the Elderly)
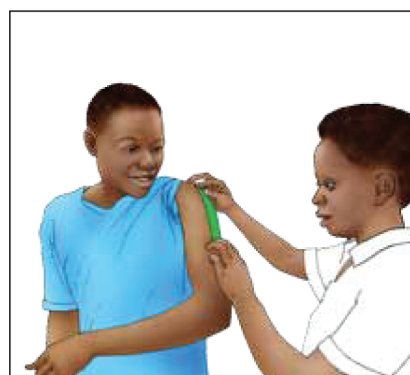
Pregnant & Postpartum Women

Card 6
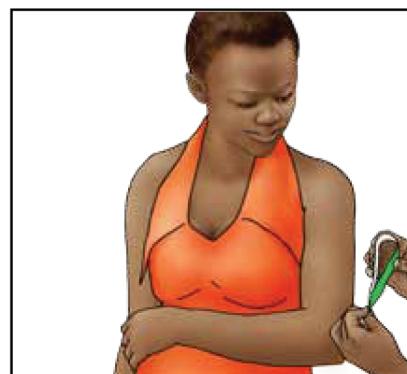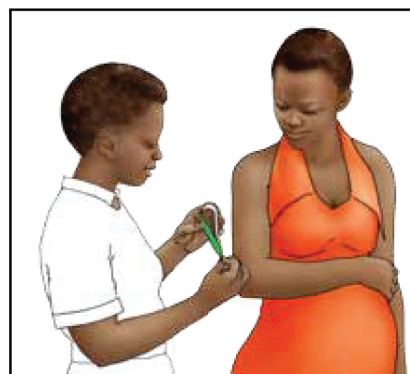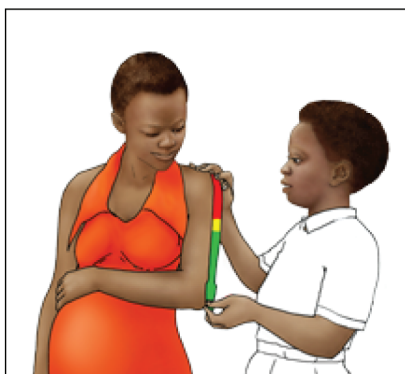
Steps to Accurately Use a MUAC Tape
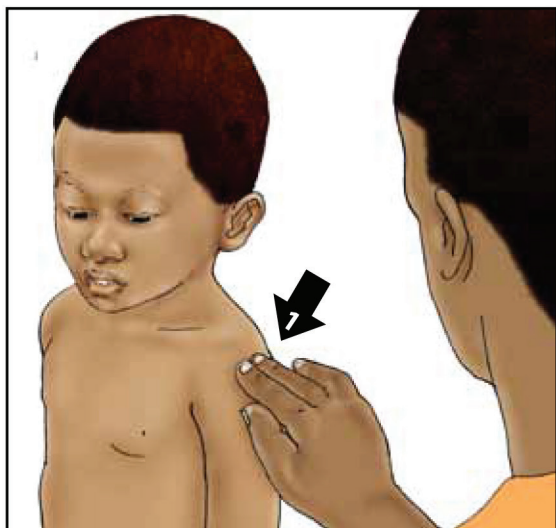
1. Bend left arm at an angle of 90 degrees
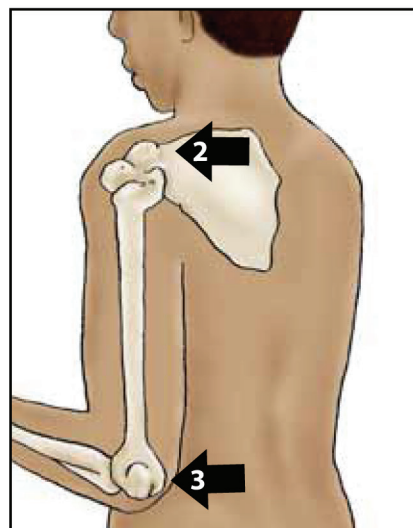
2. Locate tip of shoulder
3. Locate tip of elbow
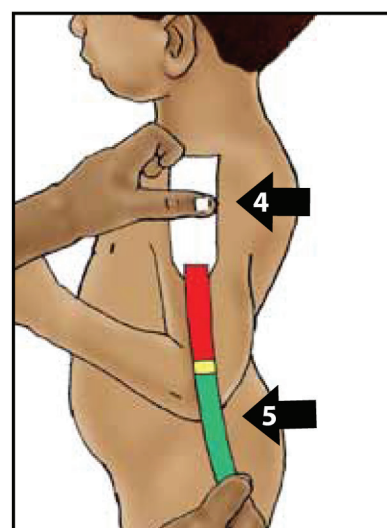
4. Place tape at 0 cm at tip of shoulder
5. Pull tape past tip of bent elbow and read length of upper arm
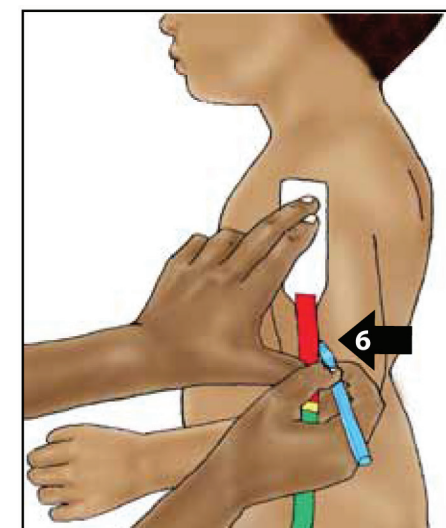
6. Determine mid-point by:
   - Folding the tape in half from '0' to the measured length OR
   - Calculating

7. Mark mid-point using finger or pen
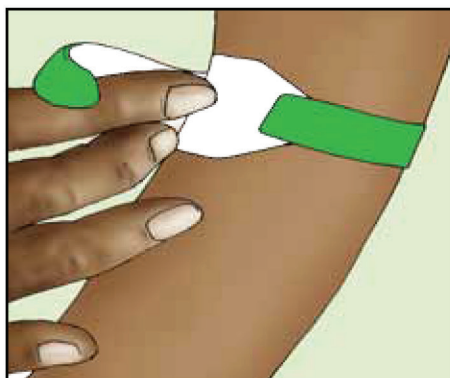
8. Straighten arm and place MUAC tape around the mid-point
9. Place MUAC tape through window of tape, and correct the tape tension
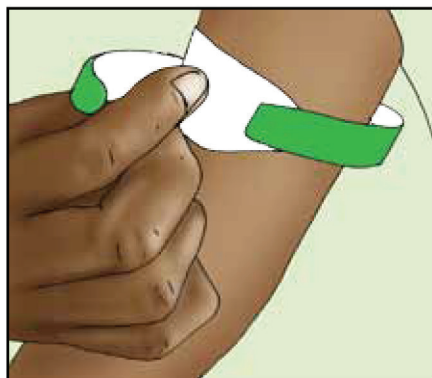
Tape too loose

Tape too tight
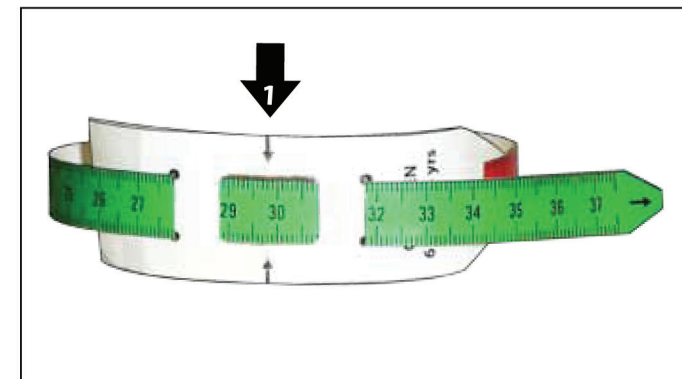
10. Read the cm measurement in the window at arrow
11. Record measurement and the colour zone observed

How to Assess for Bilateral Pitting Oedema

Oedema is of nutritional significance only if it is bilateral and starts from the feet.
Apply firm pressure with your thumbs to both feet for 3 full seconds then remove your thumbs.

Grade 1 (+): If a depression persists on both feet, this indicates that the patient has bilateral pitting oedema.
Grade 2 (++): If the feet are oedematous, repeat the process on both legs.
Grade 3 (+++): If the legs are oedematous, repeat the process by pressing the thumb into the forehead.
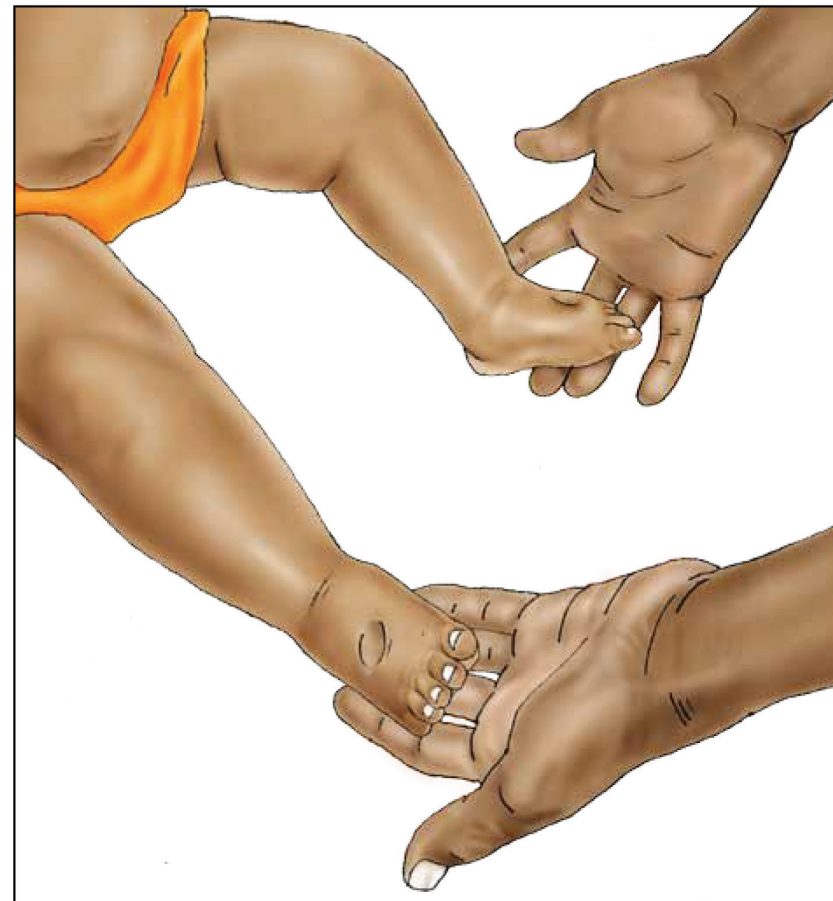
What is RUTF

- RUTF is a special medicine for malnourished individuals only. It should not be shared.

- Sick people often do not want to eat. The client should try to eat small regular meals of RUTF (8 times a day if possible).

- The client should eat and complete the prescribed daily amount of RUTF packets.

- When the client has diarrhoea, he or she should continue taking RUTF. He or she should take extra food and extra boiled or treated water.

How to Give RUTF to a Malnourished Child

If breastfed child, breastfeed your child before giving RUTF. Young children should continue to breastfeed regularly.

1

Use soap and running water to wash your child's hands before eating.

2

RUTF is for the malnourished child only and should not be shared.

3

Always offer plenty of boiled or treated water (or breast milk) while eating RUTF. RUTF makes your child thirsty and your child will have to drink more than usual.

4

How Malnourished Older Children, Adolescents, and Adults (Including Elderly) Should Take RUTF

Use soap and running water to wash your hands before eating.

RUTF is for you only and should not be shared.

Always drink plenty of boiled or treated water while eating RUTF. RUTF makes you thirsty and you will have to drink more than usual.

Card 11

How to Protect, Store, and Safely Dispose of Empty RUTF Sachets

The RUTF sachet should be put out of reach of people, rodents, insects, and sun. This could be in a covered basket hanging on the beams of the roof, in a covered pot or bucket, or in a closed cupboard.

The RUTF packet should be rolled after every use and remaining RUTF in the packet should be put in a sealed plastic bag until the next dosing.
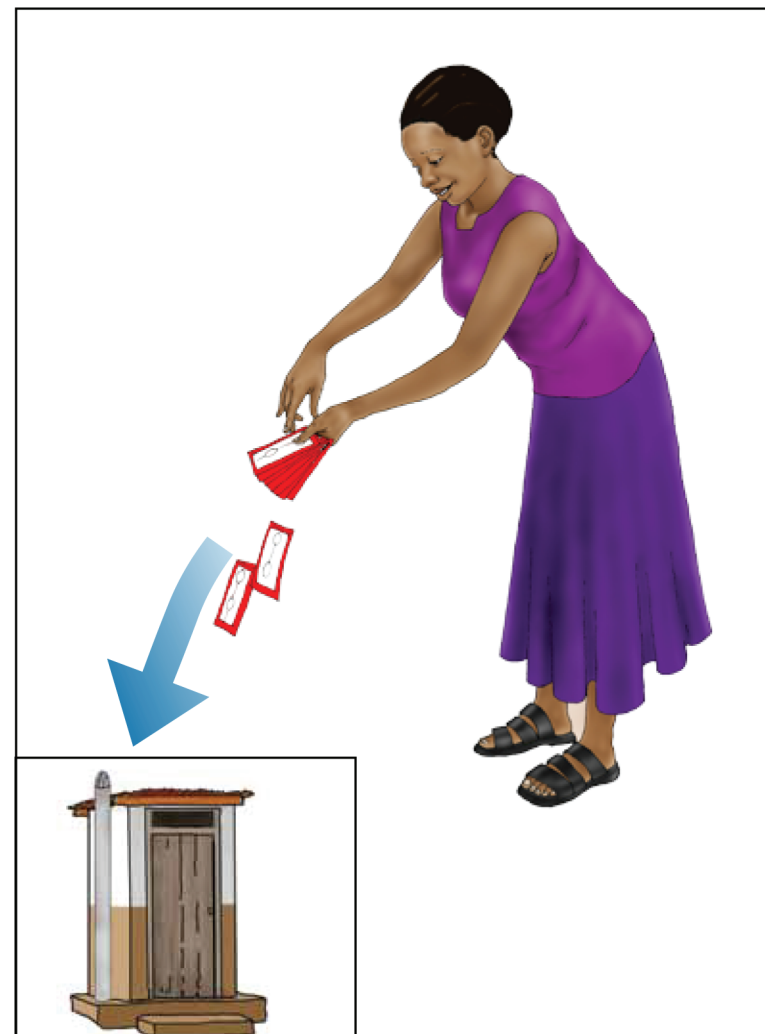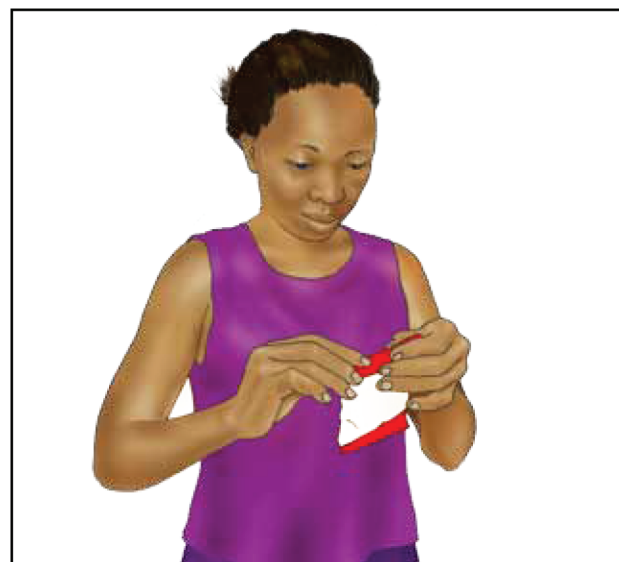
Always dispose of the empty packets of RUTF safely, either by putting them in a latrine or by burning them.

How to Weigh Children Up to 25 Kg
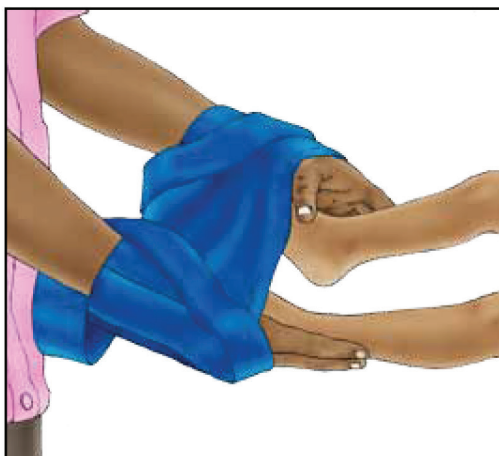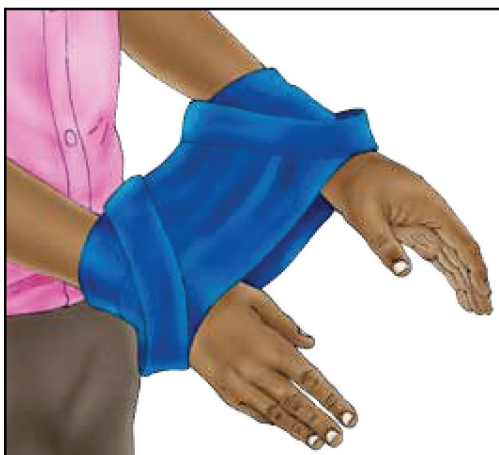
Hook the scale to a tripod or a stick held horizontally by 2 people at eye level.

Suspend the weighing pants from the lower hook of the scale and readjust the scale to zero. Remove the weighing pants from the scale.

Undress the child and place him or her in the weighing pants. Make sure one of the child's arms passes in between the straps to prevent him or her from falling.

Hook the pants to the scale while holding the child. When the pants are securely hooked, gently let go of the child.

When the child is settled and the weight reading is stable, record the weight to the nearest 0.1 kg. Ensure that the child hangs freely without holding onto anything.

Read and announce the value from the scale. The assistant should repeat the value for verification and record it immediately.

Card 13

How to Weigh Adults and Small Children
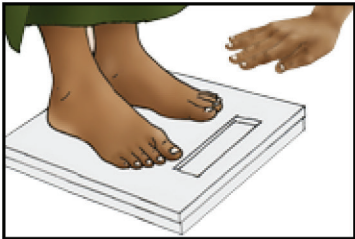
Make sure the scale is at zero before taking a measurement.

If you are using an electronical scale do this by passing your hand over the window.

The client is required to dress in light clothes and take off shoes. Women should remove their scarf.
The client should stand straight and unassisted on the centre of the balance platform.
The weight should be recorded to the nearest 0.1 kg.

When the weight of a baby is required, take the weight of the adult with and without baby. The baby's weight is the difference between both weights.

Admission Criteria for Outpatient Therapeutic Care (OTC)

Age Group	SAM	MUST APPLY TO ALL CASES
6 months to < 5 yrs	MUAC < 11.5 cm or WFH < -3 z-score or bilateral pitting oedema + or ++	• Passed appetite test • No open skin lesion • Well/mild infection • Alert • Caregiver willing to treat at home • Home environment conducive to required feeding • No hypertension, diabetes mellitus, or renal disease
5 yrs to < 10 yrs	MUAC < 13.5 cm or BMI-for-age < -3 z-score or bilateral pitting oedema + or ++	
10 yrs to < 15 yrs the elderly (60 yrs+)	MUAC < 16.0 cm or BMI-for-age < -3 z-score or bilateral pitting oedema + or ++	
15 yrs to < 18 yrs	MUAC < 18.5 cm or BMI-for-age < -3 z-score or bilateral pitting oedema + or ++	
Adults (18–59 yrs)	MUAC < 19.0 cm or BMI < 16 or presence of bilateral pitting oedema (other medical causes should be ruled out first)	
Pregnant/lactating women with infants up to 6 months	MUAC < 19.0 cm	

RUTF Dosing Chart

Acute Malnutrition SAM			
Weight (kg)	Sachets/day	Sachets/week	Sachets/2 weeks
3.0-3.4	1¼	9	18
3.5-3.9	1½	11	22
4.0-5.4	2	14	28
5.5-6.9	2 ½	18	36
7.0-8.4	3	21	42
8.5-9.4	3½	25	50
9.5-10.4	4	28	56
10.5-11.9	4½	32	64
≥ 12.0	5	35	70
Adolescents 10-14 yrs	5	35	70
Adolescents > 14 yrs and adults	6	42	84

Based on Uganda Draft IMAM Guidelines, 2015

Criteria for Discharge from OTC as 'Cured'

Category	Discharge	Must apply to all	Action required
6 months to < 5 years	• MUAC ≥ 12.5 • WFH/L ≥ -2 z-score	And no oedema for 2 weeks & clinically well and alert	• Record in INR as 'cured' • Link caregivers/patients to available primary health care services or initiatives at the facility or community
5 to < 10 years	• MUAC ≥ 14.5 cm or • BMI-for-age ≥ -2 z-score		
10 to < 15 years	• MUAC ≥ 18.5 cm or • BMI-for-age ≥ -2 z-score		
15 to < 18 years	• MUAC ≥ 21.0 cm or • BMI-for-age ≥ -2 z-score		
Adults 18 years+ (including HIV+)	• MUAC ≥ 22.0 cm • BMI > 18 kg/m²		
Pregnant, lactating/ nonlactating women with children < 6 months (including HIV+)	MUAC ≥ 22.0 cm		
The elderly (60 years+)	MUAC ≥ 18.5 cm		

Note: For discharge, use same criteria used at admission.