

10. Malnutrition

Although Malnutrition consists of over-nutrition as well as under-nutrition, the term “Malnutrition” used in this protocol specifically means “under-nutrition”. There are different types of malnutrition and different underlying causes of malnutrition.

Clinical signs & biochemical markers Acute malnutrition is again divided into Severe Acute Malnutrition (SAM) and Moderate Acute Malnutrition (MAM) according presence or absence of bilateral pitting oedema, Mid Upper Arm Circumference (MUAC) and Weight for Height Z Score.

Indicators	Moderate Acute Malnutrition	Severe Acute Malnutrition
Bilateral Pitting Oedema	Absent AND	Present AND
Mid Upper Arm Circumference (MUAC)	≥ 115 mm and $< -2Z$ score	< 115 mm
Weight for Height Z-Score	AND/OR $\geq -3Z$ score and $< -2Z$ score	AND/OR $< -3Z$ Score

SAM is the most life-threatening form of undernutrition. Children with SAM are nine times more likely to die before the age of five than well-nourished children, and over 12 times more likely if wasting occurs with stunting. Children with MAM are three to four times more likely to die than those without acute malnutrition.

Target Groups

- Children – between the age of 6 – 59 months
- Children – under the age of 6 months
- Pregnant and Breastfeeding Women and Girl

Screening

- All children aged 6–59 months attending the clinic, regardless of the reason for their visit.
- In addition, health educators conducting community visits should actively screen children aged 6–59 months to enable early detection of malnutrition.

Reference

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