MANAGEMENT OF SEVERE MALNUTRITION

Checklist

• Check for hypoglycaemia
• Prevent hypothermia
• Treat dehydration if present
• Electrolytes - zinc, potassium, magnesium
• Infection
  - Start antibiotics + albendazole
  - Exclude HIV and TB
• Micronutrients - vitamin A, folate
• Start milk feeding immediately
  - Full strength sunshine milk (or FSS)
  - At least 6 feeds per day, every 3 hours
  - 130ml/kg/day
  - An 8kg child should receive 8 x 130 = 1070 ml per day / 6 = 170ml per feed
  - Continue breast feeding
• Catch-up growth
  - Give Milk Oil Formula (or F-100)
  - increase volume per feed as tolerated
  - Start RUTF
  - Continued breast-feeding
• Sensory stimulation & play
• Monitoring
  - Weigh every 2nd day
  - Good weight gain = 10g/kg/day
• Supportive care - check Hb, start iron*
• Discharge planning
  - Good weight gain consistently for 1-2 weeks, weight >3 Z-scores
  - Good appetite
  - Parents able to feed child
• Follow-up weekly

* Start iron in 2nd week of treatment

For details, refer to Chapter 7 p197-223