ADULT MALNUTRITION GUIDANCE ON TREATMENT

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ADULT MALNUTRITION GUIDANCE

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CURRENT CHALLENGES

- Possible TT protocols too rigid – too medicalized?
- Not realistic and defaulting?
- High opportunity costs
- Limited consensus on anthropometry
- Transposition of protocols for children on adults – Evidence? Effectiveness?
GUIDANCE

• In situations like famines
• Detention context with high disease burden/food insecurity
• High prevalence of untreated HIV and TB is high
• Be-sieged populations and in other extreme situations
• Partially – for individual cases in own resource settings - SAM
Screening of Admission and Discharge of ADULTS (20-50 years) for MAM and SAM

Admission criteria

BMI < 17 kg/m²
AND
No or little bilateral nutritional edema (only feet/ankles)
AND
One of the following in the last 4 weeks:
- Substantial recent weight loss (see footnote 1) OR
- Loss of strength OR
- Increased muscular fatigability (see footnote 2)

BMI 16 – 16.9 kg/m²

BMI < 16 kg/m²

Complications?
- At least one of the following:
  - Ulcers to stand or walk without support
  - Severe weakness or spotty anesthesia
  - Severe infection
  - Severe vomiting
  - Severe dehydration
  - Severe malnutrition
  - Severe diarrhea
  - BMI < 14 kg/m²

NO

YES

Enrollment in MAM support programs

SAM treatment OUT-Patient

SAM treatment IN-Patient

Discharge criteria

BMI > 16.5 kg/m² for 2 weeks
AND
Good clinical condition
→
Enrollment in MAM program

BMI > 14 kg/m²

When all complications are dealt with
AND
No edema
AND
BMI > 14 kg/m²
→
Enrollment in SAM treatment OUT-Patient

Footnote 1: Traumatic stable form acute malnutrition, based on subjective reporting.
Footnote 2: Increase of edema is the most common reason for admission among adults.
- Subjective and often presented as other signs, such as weakness, fatigue, etc.

EXCLUSION STABLE/CHRONIC MALNUTRITION
PROGRAMME COMPONENTS

• Livelihoods approach:
  • Food assistance (‘normal’ food)
  • Cash based transfers

• Out- and In-Patient
EXPRESSION OF INTEREST

• Partners – implementation
• Contextualize guidance
• Measure effectiveness
• Lessons learnt – improvement

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