

# Summary Guidelines for Emergency Nutrition Responses

## 1. Therapeutic Feeding

### **1.1 Outpatient Therapeutic Feeding Programme**

- This programme is used for severe acute malnourished children: 6 to 59 months old with good appetite and free from severe medical complication.
- RUTF (Plumpy'nut®) (92g packets containing 500 kcal) (average 200kcal/kg/day)

Weight of Child (kg)	Packets/day	Packets/week
3.5 – 3.9	1.5	11
4.0 - 5.4	2	14
5.5 – 6.9	2.5	18
7.0 – 8.4	3	21
8.5 – 9.4	3.5	25
9.5 – 10.4	4	28
10.5 – 11.9	4.5	32
≥12	5	35

Where it is not possible to take the weight of the child give 3 packets per day to all children.

### **1.2 Inpatient Therapeutic Feeding Programme (Hospital Nutrition Unit)**

This programme is used for severe acute malnourished children: under 5 years old with poor appetite and has severe medical complication. They have to be treated in Hospital Nutrition Unit (HNU).

#### **(A) F75 Therapeutic milk**

- Milk based powder for treatment of severe malnutrition with energy density characteristics of approx. 75 kcal/100ml.
- Especially formulated for the initial feeding or starter phase in the treatment of severe malnutrition. In the initial phase, a cautious approach is required because of the child's fragile physiological state and reduced homeostatic capacity. It is not designed to promote weight gain.

#### **(B) F100 Therapeutic milk**

- Milk based powder for treatment of severe malnutrition with energy density characteristics of 100 to 110 kcal/100ml.
- Especially formulated for the rehabilitation phase in the treatment of severe malnutrition, to achieve rapid weight gain.

## **WARNING**

These products are to be used only in inpatient therapeutic feeding programme. Do not use in outpatient feeding programme and in home.

## **2. Supplementary Feeding**

### **Supplementary food (BP5, NRG 5)**

#### **For targeted feeding**

224g (4bars)/child/day for 2 months (**12 boxes/month**)

(a ration equivalent to 1000kcal/person/day as a take home ration)

## **3. Vitamin A**

### **Children**

- 6-11 months old (100,000 IU) (Blue) - one dose
- 12-59 months old (200,000 IU) (Red) - six-monthly doses  
(March and September)

(Vitamin A supplement is not given to babies under 6 months. They get it from breast milk of their mothers who receive the 200,000 IU within one month of childbirth.)

### **All lactating women**

- 200,000 IU during one month after child birth

### **All children with measles**

- 6-11 month old (100,000 IU) - one dose
- 12-59 month old (200,000 IU) - one dose  
(Unless he/she received similar dose within previous one month)

## **4. Multi-micronutrient tablets**

- The supplements will be given to the pregnant women after first trimester and lactating women with infants under six month of age every month
- 1 tablets pre day for six months (total of 180 tablets for each pregnant/lactating women)
- It can be taken either separately or together with other supplements (high potency Vitamin A 200,000 IU or Vitamin B1 supplements)
- Iron/folate tablets are not to be given in nargis affected townships. Iron/folate tablets are only for other townships.

## **5. Multi-micronutrient Sprinkles**

The recommended nutrient intake (RNI) represents the daily dietary intake level of a nutrient that sufficiently meets the requirements of nearly all apparently healthy individuals in an age and sex specific population. Delivery of a daily multiple micronutrients formula containing the RNI of children aged 6 to 59 months is recommended during emergencies.

- Pour the entire contents of the package into any semi-solid food after the food has been cooked and is at a temperature acceptable to eat (don't pour sprinkles in hot boiling temperature as some of the micronutrients may be destroyed)
- Mix Sprinkles with an amount of food that the child can consume at a single meal. Mix the food well after you have added the package of Sprinkles. Give no more than one full package per day at any mealtime (the same meal time everyday is recommended for example every breakfast).
- Do not share the food to which Sprinkles were added with other household members since the amount of minerals and vitamins in a single package of Sprinkles is just right amount for one child.
- The food mixed with Sprinkles should be eaten within 30 minutes because the vitamins and minerals in the Sprinkles will cause the food to noticeably darken.

## **6. Deworming**

### **Children**

- 400 mg albendazole for children (2-9) years of age  
Biannual (January and July) nationwide provision of albendazole for - Primary-school aged 5-9 years children both in-school and out-of school  
- Children aged 2-5 years

### **Pregnant women**

- 500 mg Mebendazole for pregnant mother. Pregnant women will be reached for deworming throughout the year through Ante-Natal Care (ANC) services after first trimester.

## **7. Vitamin B1**

- Prevention of thiamine deficiency among pregnant women and lactating mothers
- a daily dose of 10 mg of thiamine for last month of pregnancy and first three month of lactation (first 6 months if possible)  
(1/2 tablets per day for 4 months - total of 60 tablets for each pregnant/lactating women)