

# Session 10: Management of Severe Malnutrition in Adults

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**Purpose:** In this session, participants will learn how to manage severe acute malnutrition in adults

**Objective:** By the end of the session, participants should be able to:

1. Identify and categorize severe malnutrition
2. Understand the two main phases of managing severe malnutrition: patient stabilization and management for weight catch-up
3. State the treatment protocols in each phase
4. State the admission and discharge criteria for the different phases of management
5. Identify challenges faced in managing severe malnutrition

**Advance preparations:**

1. Read the section on managing severely malnourished HIV+ adults in the [Tool Kit pp. 65-70](#).
2. Know the cut-off points for severe malnutrition (see Tool kit pp. 31-34)
3. Write the session objective(s) on a flip chart or PowerPoint.

**Proposed Session Time: 100 minutes**

**Topic 10.1: Review the objectives of Session 10** (Listed above; use PowerPoint or flip chart.) *(5 minutes)*

**Topic 10.2: Identifying and categorizing severe malnutrition** *(20 minutes)*

**Brainstorm** *(10 minutes)*

What is severe malnutrition? How can one identify severe malnutrition in adults?

**Presentation** *(10 minutes)*

- Give a short presentation on identification of severe malnutrition in adults. Indicate the two categories of severe malnutrition in adults.

### **Topic 10.3: Phase 1: Management to Stabilize the Patient** (30 minutes)

**Brainstorm** about what participants know about the phase of Patient Stabilization and what is involved.

- Explain the processes involved in the phase 1 using the PowerPoint or flip chart.
  - The presentation should classify management into clinical and nutritional management.
  - Present the treatment protocols in clinical management

**Brainstorm** and discuss participants' understanding of the criteria for transitioning from phase 1 to phase 2 of managing severe malnutrition in adults.

### **Topic 10.4: Phase 2: Management for Weight Catch-up** (25 minutes)

#### **Plenary Discussion**

- Ask one participant to read aloud the section of the tool kit on nutritional management for weight catch-up (Tool Kit p. 68)
  - Discuss the kind and amount of foods for inpatient management and for outpatient management
  - Discuss the challenges faced during nutritional management of inpatients and outpatients
- Ask another participant to read the section on clinical management for weight-catch up (Tool Kit pp. 68-69)
  - Discuss the treatment protocols
  - Discuss the challenges faced during clinical management of inpatients and outpatients
- Discuss the reasons why patients with HIV may fail to respond to nutritional treatment, and some of the recommendations that can be acted upon.

#### **Case Study** (20 minutes)

- Share the case study in the powerpoint and in Annex 1 (Case Study 8).
- Have participants prepare and discuss responses either in the plenary or in small groups.