Nutrition Assessment and Classification Algorithm (Adults with HIV)

**ASSESSMENT**

Nutrition assessment
- Measure weight and height (or MUAC if unable to measure height and weight or client is pregnant or lactating)
- Compute BMI
- Record nutrition-related symptoms

**DIAGNOSIS**

- Severely malnourished
  - BMI < 16 kg/m²
  - OR
  - MUAC < 19 cm
  - OR
  - Bilateral pitting oedema

- Moderately or mildly malnourished
  - BMI ≥ 16.0–18.5 kg/m²
  - OR
  - MUAC ≥ 19.0–22.0 cm

- Not malnourished
  - BMI > 18.5 kg/m²
  - MUAC ≥ 22 cm

**ACTION PLAN**

- If medical complications (e.g., infection, severe anaemia, dehydration)
  - Admit or refer to inpatient care
  - Treat or control infections
  - Give therapeutic feeding
  - Follow up in 2 weeks and every month thereafter.

- If no medical complications:
  - Treat as outpatient with RUTF
  - Praise good eating behaviours
  - Encourage and counsel to continue healthy eating and maintain weight
  - Follow up in 2 weeks and every month thereafter.

- Follow up every month.

- Follow up every 2 months.

**Formulas**

- BMI = Body mass index = \( \frac{\text{weight (kg)}}{\text{height (m)}^2} \)
- MUAC = Mid-upper arm circumference
- ORS = Oral rehydration solution