Nutrition Assessment and Classification Algorithm (Child)

**ASSESSMENT**

- Measure weight and length/height and look at the growth curve
- Measure MUAC.
- Look for pitting oedema in both feet
- Compute weight-for-height for children < 10 years old

**DIAGNOSIS**

- **Severe acute malnutrition (SAM)**
  - Bilateral pitting oedema
  - WFH < -3 z-scores
  - OR
  - MUAC
    - 6-59 months: < 11.5 cm
    - 5-9 years: < 13.5 cm
    - 10-14 years: < 16.0 cm

- **Moderate acute malnutrition (MAM)**
  - No bilateral pitting oedema
  - WFH ≥ -3 and < -2 z-score
  - OR
  - MUAC
    - 6-59 months: ≥ 11.5- < 12.5 cm
    - 5-9 years: ≥ 13.5- < 14.5 cm
    - 10-14 years: ≥ 16.0- < 18.5 cm

- **No malnutrition**
  - Weight gain parallel to or > the median growth curve
  - WFH ≥ -2 z-scores
  - OR
  - MUAC
    - 6-59 months ≥ 12.5 cm
    - 5-9 years ≥ 14.5 cm
    - 10-14 years ≥ 18.5 cm

**ACTION PLAN**

- If complications (such as infection and dehydration) and no appetite:
  - Admit or refer for inpatient care and rehabilitate according to IMCI protocol
  - Rehydrate if necessary
  - Give phased feeding following IMAM guidelines

- If no medical complications and child can eat RUTF:
  - Treat as outpatient with RUTF and medications following IMAM guidelines

  - Treat any infections.
  - Prevent further weight loss and infections with fortified blended flours
  - Ensure adequate micronutrient intake

- Follow up in 2 weeks.
- Follow up every month.

**BMI** = Body mass index

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\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m)}^2}
\]

**IMCI** = Integrated Management of Childhood Illness

**MUAC** = Mid-upper arm circumference

**RUTF** = Ready-to-use therapeutic food

**WFH** = Weight for height

**Bilateral pitting oedema** = A sign of severe acute malnutrition in children. Both feet or legs are swollen because of fluid entering the tissues, and the skin stays indented when pressed with a finger.