

## How to Give an Appetite Test

People with SAM, no appetite, and medical complications need to be hospitalized for inpatient treatment with therapeutic milks and ready-to-use therapeutic food (RUTF). Severely malnourished people who have appetite and no medical complications can be treated with RUTF at home, returning to the health facility for monitoring.

Give all clients with SAM an appetite test on admission and on every follow-up visit to find out whether they can eat RUTF.

1. Ask the client (or caregiver if the client is a child) to wash his or her hands with soap and running water and take the client (and caregiver if the client is a child) to a quiet, private area.
2. Give the client or caregiver a packet of RUTF and show how to open it and eat it from the packet or on a spoon.
3. Do not force the client to eat the RUTF. Children may need gentle encouragement to eat, especially if they are sick.
4. Offer plenty of boiled or treated drinking water to the client while eating the RUTF.
5. Watch to see how much the client eats (or ask the caregiver to give it to the child and watch how much the child eats). The test should take a short time, but may take up to 30 minutes.

<b>Minimum amount of RUTF the client should eat to pass the appetite test</b>	
<b>Client weight (kg)</b>	<b>Packets</b>
< 4.0	$\frac{1}{8}$ – $\frac{1}{4}$
4.0–6.9	$\frac{1}{4}$ – $\frac{1}{3}$
7.0–9.9	$\frac{1}{3}$ – $\frac{1}{2}$
10.0–14.9	$\frac{1}{2}$ – $\frac{3}{4}$
15.0–29.9	$\frac{3}{4}$ –1
$\geq 30.0$	1