NACS STEPS

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ENTRY

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ASSESS

Measure and record: weight and height

- If pregnant or postpartum woman use MUAC
- If child use length board and baby weighing scale

Review:

- Client records
- Medical history
- Lab test results

Check for bilateral pitting edema

Ask about:

- Food and drink consumed in last 24-hours
- Food allergies
- HIV status

Do appetite test, if SAM **Record** information

FOR ALL CLIENTS:

Provide health and nutrition education in the triage/ waiting area.

Advise to:

- Avoid smoking and drinking alcohol.
- Follow optimal food and water safety, hygiene and sanitation practices.
- Agree on a small, doable action step to improve nutrition.

CLASSIFY & INFORM

- Classify nutritional status by using the BMI wheel or chart, or MUAC for pregnant and postpartum women
- Inform the client of his/her nutrition status

Severe acute malnutrition (SAM)/ severely underweight

- BMI <16.0
- Or: bilateral pitting edema
- Or: MUAC < 18.5 cm
- If pregnant/postpartum: MUAC <21.0 cm
- If age 6-59 months, WHZ < -3 or MUĂC < 11.5 cm

Moderate-mild acute malnutrition (MAM)/ moderately underweight

- BMI 16.00 18.4
- Or: MUAC 18.5 20.9 cm
- If pregnant/postpartum: MUAC 21.1-23.0 cm
- $MUAC \ge 11.5 \text{ cm to} < 12.5 \text{ cm}$

Normal

- BMI 18.5 24.9
- Or: MUAC ≥ 21.0 cm
- If age 6-59 months, WHZ ≥ -2 to < +2 or MUAC ≥ 12.5 cm

Overweight

Obesity

• BMI ≥ 30

COUNSEL & EDUCATE

- In an area as private as possible, **explain** nutritional status
- Based on information collected from clients, **provide** specific recommendations and discuss how the client can make changes

Counseling:

• Do not share

specialized food

others—they are treatment for

products with

malnutrition.

Eat more from all

the food groups,

especially body-

building and energy foods.

• Use printed materials to engage clients and **clarify** key messages

If patient has medical complications and/or no appetite, refer to clinician for

inpatient treatment. If patient has appetite and no

complications, treat as outpatient with RUTF/Soya Plus as available

Address symptoms

Prescribe supplementary food/ RUSF/Soya Plus as available.

- Counseling:
- Do not share specialized food products with

Counseling:

- Praise good behaviors.
- Maintain healthy dietary practices.
- Maintain weight.

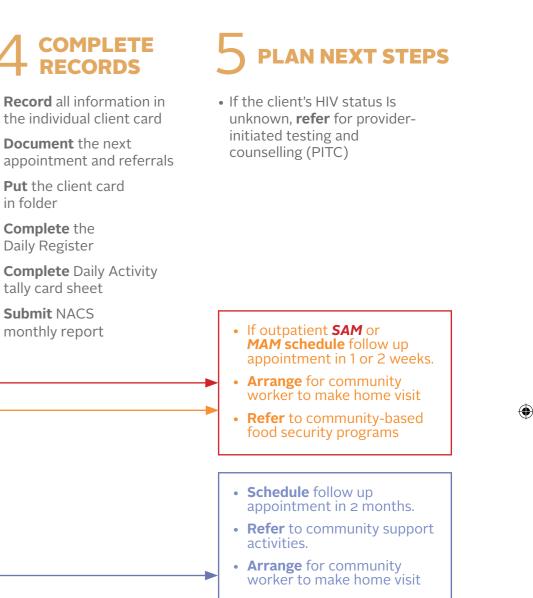
Address symptoms

- **Record** all information in the individual client card
- Document the next
 - Put the client card in folder
 - Complete the Daily Register
 - Complete Daily Activity tally card sheet
 - Submit NACS monthly report

others—they are treatment for malnutrition.

- the food groups, especially body-building and energy foods.
- Eat foods from all food groups daily.





EXIT