

Module 9A : Assess and Classify

Session 6 : Assessment and classification of the sick child : Check for malnutrition

Day : 5

Time Required : 1 hour 30 minutes

Objectives

At the end of the session the ASHAs will be able to:

1. Explain what to ASK, LOOK and FEEL for when assessing for malnutrition
2. Correctly assess and identify a child with malnutrition

Materials and Preparation

See Checklist of Instructional Material at beginning of sick child module. These materials will be used for all sessions for sick child module.

Training Activities :

Activity - 1 : Participants read ‘Check for Malnutrition’ through ‘Classify Malnutrition’

After all the participants have finished reading, ask participants what they LOOK for when assessing for malnutrition? (Answer: *visible wasting and oedema in both feet*).

Ask for any questions about the reading, and clarify any confusion.

Activity - 2 : Group Work followed by Group Feedback – ‘Look for Visible Severe Wasting’, ‘Look for Oedema of both feet’

- Photograph 8 : This is an example of visible severe wasting. The child has small hips and thin legs relative to the abdomen. Notice that there is still cheek fat on the child's face.
- Photograph 9 : This is the same child as in photograph 8 showing loss of buttock fat.
- Photograph 10 : This is the same child as in photograph 8 showing folds of skin (“baggy pants”) due to loss of buttock fat. Not all children with visible severe wasting have this sign. It is an extreme sign.
- Photograph 11 : This child has oedema of both feet.

Now look at photographs numbered 12 through 20. For each photograph, tick (✓) whether the child has visible severe wasting. Also look at photograph 20 and tick whether the child has oedema of both feet.

	Does the child have visible severe wasting ?	
	YES	NO
Photograph 12		✓
Photograph 13	✓	
Photograph 14		✓
Photograph 15	✓	
Photograph 16	✓	
Photograph 17	✓	
Photograph 18		✓
Photograph 19	✓	
	Does the child have oedema ?	
	Yes	No
Photograph 20	✓	

Activity - 3 : Demonstration : Classify Malnutrition

Use chart for the demonstration

In this box, whether child has any major symptom or not, one classification is to be definitely chosen.

There are three classifications for a child's nutritional status:

- Severe Malnutrition
 - Very Low Weight
 - Not Very Low Weight
- If the child has visible severe wasting or oedema of both feet, classify the child as having SEVERE MALNUTRITION
 - If the child is very low weight for age , classify the child as having VERY LOW WEIGHT
 - If the child is not very low weight for age and there are no other signs of malnutrition, classify the child as having NOT VERY LOW WEIGHT.

Activity - 4 : Demonstration : How to Determine Weight-for-Age

Objectives :

1. To demonstrate how to plot the weight of a child in the weight-for-age chart.
2. To identify the child whether it is normal or very low weight-for-age.

Materials needed :

- Weight-for-age chart
- Pencil

Information required :

Age of the child in months and weight.

Activities to be performed :

1. Display the weight-for-age chart.

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2. Point out that the left hand axis (vertical) of the chart shows the weight of the child in kgs.
 3. Point out that the bottom axis (horizontal) of the chart is to locate the age of the child in months.
 4. Emphasize that the age must be in months. Therefore, if age is known in years, it should be converted into months. Check whether the conversion of age from years to months is correct.
 5. For this purpose, count the number of completed months and not days, e.g., a 20 months 29 days old child is to be shown as 20 months old.
 6. Indicate the age of the child in months on the weight-for-age chart.
 7. Determine the weight of the child on weighing balance, place a mark on the weight axis.
 8. Draw a horizontal line from weight recorded and a vertical line on age axis.
 9. Find the point on the chart where the line for the child's weight meets the line for the child's age and plot it on the chart.
 10. Then point out if the plotted point is above, on or below the thick curved line on the weight-for-age chart.
 11. Emphasize that if the point is below the thick curved line (and the weight is on the shaded area in the chart), the child is very low weight for age; if however the plotted point is above or on the thick curved line, the child is not very low weight-for-age.
 12. Illustrate the drill by an example. Take the weight of a child and determine the age. Ask the co-Trainer to demonstrate plotting weight of the child on the weight for age chart and determining whether the child is very low weight for age or not. A child is 18-month-old and his weight is 6 kg. The co-Trainer describes the procedures as mentioned from 2 to 10 and plots the weight on the growth chart. Conclude that this child's weight is below the thick curved line, therefore the child is very low weight-for-age.

Activity - 5 : DRILL : Determine Weight-for-Age

This activity is optional. If you think that participants have done this well earlier, you may skip this.

To conduct this drill:

1. Make sure each participant is looking at the weight-for-age chart. This is included in learner's manual.
2. Tell the participants that you will state some ages and weights of children. You will then call on individual participants to answer whether the child is very low weight-for-age or not very low weight-for-age. Reassure participants that this is a practice activity and not a test. Ask participants to wait to be called on and to be prepared to answer as quickly as they can.
3. Demonstrate by giving an example. A girl 6 months of age is 7.0 kg in weight. Make a mark on horizontal line on chart and then mark a dot across 7 kg by drawing a vertical line up to the 7 kg mark. Tell the participants that this dot is above the thick curved line. Therefore, this girl is not very low weight-for-age.
4. Start the drill by saying aloud the weight and age of the first child. Allow participants time to look at a weight-for-age chart and determine the answer. Then ask a participant to give the child's weight-for-age status. Continue calling on different participants, making sure that each participant understands how to use the weight-for-age chart correctly.

Drill : Determine weight-for-age

ASK: If the child is	and weighs	Is the child very low weight-for-age?
7 months	7.0 kg	No
36 months	13.0 kg	No
12 months	5.5 kg	Yes
18 months	9.0 kg	No
3 months	3.0 kg	Yes
2 years	7.0 kg	Yes
6 months	7.0 kg	No
12 months	8.0 kg	No
36 months	9.0 kg	Yes
8 months	6.0 kg	No
15 months	6.0 kg	Yes
4 months	6.0 kg	No
14 months	7.5 kg	No
48 months	14.0 kg	No
20 months	7.5 kg	Yes
7 months	7.5 kg	No
10 months	7.5 kg	No
11 months	7.0 kg	No
12 months	6.0 kg	Yes

Summary : (5 min)

- Ask participants what to LOOK for when assessing for malnutrition? (Answer: *visible severe wasting and oedema in both feet*)
- Ask a participant to explain what materials and information is needed to determine how the child is growing when compared to other children (Answer: *age, weight, weighing scale and growth chart*)

Evaluation of the session

Objectives	Assessment Method
Explain what to ASK, LOOK and FEEL for when assessing for malnutrition	Questions and answers
Correctly assess and identify a child with malnutrition	Assessment and identification drill