

NATIONAL HEALTH MISSION
HIMACHAL PRADESH

From

Spl. Secy (Health)-cum- Mission Director, NHM HP

To

All the Chief Medical Officers
Himachal Pradesh

Dated the Shimla-9



Subject: **Regarding followup of Malnourished children**

Sir,

Malnutrition in young children is a major public health problem in Himachal Pradesh.

WCD department has developed Common Application Software (ICDS-CAS) which captures data on real time basis for nutritional outcomes. You are therefore requested to coordinate with the CDPO of your district for sharing the line list of SAM and MAM children.

Following activities may be carried out for malnourished children:

1. Line list of SAM/MAM Children identified based on data and growth charts provided from WCD deptt. as autogenerated in CAS Software to be screen at Block Headquarters in coordination with WCD Deptt. for screening.
2. Date maybe fixed for 1st time screening of SAM/MAM children at Block Headquarters in coordination with WCD deptt. so that mobilisation maybe done accordingly in intimation to this office.
3. Children suspected or identified as SAM may further be referred to nearby NRCs for confirmation and treatment.
4. Children with severe acute malnutrition should only be discharged from treatment when their:
 - weight-for-height/length is ≥ -2 Z-score and they have had no oedema for at least 2 weeks, or
 - MUAC (mid-upper-arm circumference) is ≥ 125 mm and they have had no oedema for at least 2 weeks.
3. All SAM discharges children have to be followed up at day 7, day 15, one month, 3 months, 6 months, 9 months and 12 months to avoid relapse.
4. ASHA as community health worker should be involve in care and follow up.
5. Nutritional Counselor posted at District Hospital and NRC I/C will be responsible for follow up and records.
6. Effective IEC to be done in schools and AWCs
7. ASHA and ANM can deliver interventions like :

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- a. One to one counseling of parents/ caregivers on complementary feeding
- b. Counseling and support for exclusive breastfeeding till 6 months of age and continuing breast feeding till 2 years of age
- c. Ensuring immunization to all eligible children at complete appropriate time.
- d. Providing Iron Folic Acid and de-worming as per guidelines

The mobilisation all these children will be done by WCD Department




Dy. Mission Director
National Health Mission
Himachal Pradesh

Endst No. as above Dated

Copy forwarded to:

1. The Addl. Chief Secretary (Health) to the GoHP, Himachal Pradesh for kind information please
2. The Addl. Chief Secretary (SJ&E) to the GoHP, Himachal Pradesh for kind information w.r.t her D.O No. SJE-A-F(4)1/2015-IV dated 29.1.2020 please
3. The Director Health Services, SDA complex, Kasumpti, Shimla-9 for information please.
4. The Nodal officer NRC incharge at IGMC, Shimla, Dr. RPGMC Tanda and RH Una, ZH Mandi and CH Paonta for information and necessary action please.


Dy. Mission Director
National Health Mission
Himachal Pradesh