

# Severe Acute Malnutrition in an Extremely Low Birth Weight Child

## CASE REPORT

An extremely undernourished baby girl named Priyanka, age 11 month was brought to Mandla district Hospital, Madhya Pradesh; with complaints of fever and weakness. There the child was identified by the NRC Feeding Demonstrator, during her routine anthropometry examination of OPD children as a case of severe acute malnutrition and was admitted in NRC, DH Mandla on 18<sup>th</sup> Dec 2015.



Medical history revealed that baby Priyanka D/o Ramphal and Hemlata Parte was a low birth weight baby home delivered on 19<sup>th</sup> Dec 2014 in village Sara (Chinth Tola), block Nainpur, Mandla district. Her mother expired two days after her birth and was being taken care by her maternal grandmother- Nanhi Bai. The child without mother was fed on top milk. Improper feeding and care led to deterioration of health in the child. She remained constantly ill and so was brought to the OPD on 18.12.15 by her grandmother for clinical examination and treatment. The child was wasted and weighed only 3.148 kg on admission with a length of 58cm. Her Mid Upper Arm Circumference (MUAC) was 6.9cm and Weight for Height < - 4 Standard Deviation (SD) from median

In the NRC, the child was treated as per WHO and National protocol. Priyanka's grandmother was counseled by the NRC staff on proper feeding practices including preparing low cost nutritious recipes, food augmentation and food diversity and play therapy for psycho sensory stimulation of the child. With prompt medical intervention the child started gaining weight, recovered and discharged on 22.12.15 with a weight of 3.810kg and MUAC 7.1 cm. However her Weight for Height was <- 3SD with the measured length of 58cm on discharge. The child was active, alert and gaining weight. Priyanka was stringently followed fortnightly for 4 follow-ups and she showed improvement in weight on every follow-up. Constant efforts by the NRC team as well as frontline functionaries in the community in form of counseling of Priyanka's grandmother on appropriate feeding practices, hygiene, health and nutrition care helped her to recover from her condition.



On her 1<sup>st</sup> follow up visit dated 5<sup>th</sup> Jan 2016, the child weighed 3.880 kg, MUAC 7.1cm, on 2<sup>nd</sup> follow up on 20<sup>th</sup> Jan 2016 her weight was 3.720 kg gm. On the 3<sup>rd</sup> & 4<sup>th</sup> follow up on 04.02.16 and 18.02.16 the child weighed 3.930 kg and 3.998kg respectively with MUAC of 7.2cm. However the child was still in SAM as her Weight for Height was <- 3SD with the measured length of 59cm.



2<sup>nd</sup> Follow up



3<sup>rd</sup> Follow up