Importance of Nutritional Monitoring with Data

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Shuaib Kauchali
National Department of Health
Epidemiologic context

• Antenatal HIV prevalence among pregnant women 30%
• Stunting U5 27%
• Wasting U5 3-5%
• Low birth weight rate 15%
• Exclusive breastfeeding rate among infants U6mo 32% (from 8%)
• U5MR 56 per 1000
• U1MR 40 per 1000
• NMR 12 per 1000
• Institutional maternal mortality ratio 120 per 100,000
• PMTCT <2% at 6-10 weeks (?18 months)
What is the size of the problem: wasting and stunting

**Nutritional status of children 0-59 months**

<table>
<thead>
<tr>
<th></th>
<th>2003 SADHS</th>
<th>2016 SADHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stunting</td>
<td>27</td>
<td>27</td>
</tr>
<tr>
<td>Wasting</td>
<td>5</td>
<td>3</td>
</tr>
<tr>
<td>Underweight</td>
<td>12</td>
<td>6</td>
</tr>
</tbody>
</table>
What is the size of problem: wasting and stunting

**Age pattern of nutritional status of children (Anthropometry)**

SADHS 2016
Facts

• Malnutrition happens!
  • Special populations
    • infants of HIV infected mothers
    • Young mothers (teenagers, scholars, and unplanned pregnancies)

• Growth faltering occurs during the most vulnerable period of life
  • From conception to birth (intrauterine)
  • Birth to 1 year
  • 1 year to 2 years
  • Beyond 2 years
Nutritional specific interventions to end preventable deaths and improve growth and development among U5 children

• Breastfeeding
• Complementary feeding
• Supplementary feeding for severe growth faltering and MAM
• Therapeutic feeding for SAM
• WASH
• EPI
• Stimulation and brain growth
• Micronutrient supplementation

Prompt treatment of inter-current illnesses and infections
A

Mean length-for-age Z-score

-3.5
-3.0
-2.5
-2.0
-1.5
-1.0
-0.5
0.0

HIV-unexposed
HEU
PN
IP
IU

Age (months)

Source: Omoni et al (ZVITAMBO study)

The Pediatric Infectious Disease Journal
Volume 36, Number 9, September 2017

B

Weight-for-length Z-score

0.0
-0.5
-1.0
-1.5

Age (months)
Weight faltering, rapid weight loss and acute malnutrition...”the journey”
Public health challenges

• Delayed active case detection
  • Acute malnutrition is a process and starts with growth (weight) faltering
  • Early case detection
    • Not growing well
      • Slow growth
      • Static growth
      • Losing weight
    • MAM
    • SAM

• Delayed entry into supplementary and therapeutic feeding plans alongside the medical treatment of the underlying cause
How big is this problem?

• Active case detection

• SAM incidence rate (reported new SAM cases in the public health system) 21,000
• Estimated incidence using UNICEF formula 145,000 new cases per annum*

• Only 14.5% of U5 children in the PHC are detected and reported in the DHIS
• 85.5% are not
• So where are the rest?

* UNICEF Global Estimate of SAM (2013), as reported in the NutriDASH South Africa Report 2017
Number receiving inpatient care treatment

• Number of new SAM cases reported in the PHC system: 21,000
• Number admitted to the inpatient units: 15,000

☑ 6000 SAM cases are not receiving care in the inpatient units

☑ Are there receiving care in the outpatient units (PHC, Hospital OPD, Dietician OPD, etc)???
SAM new cases: estimated sub-types

(\textit{good early detection system})

All new SAM cases

5

SAM with Medical complications

Inpatient Stabilization Care ("WHO-10 Steps")

SAM without medical complications

Outpatient Therapeutic Programme (OTP)

Better treatment coverage
Better clinical outcomes
Efficient, less expensive
Strengthens health systems

Rev: Sept 2016, S Kauchali
SAM new cases: estimated sub-types (*poor early detection system-current South African setup*)

1. SAM without medical complications
2. SAM with Medical complications
3. Inpatient Stabilization Care ("WHO-10 Steps")
4. Outpatient dept Dietician Hospital-based
5. Poor treatment coverage
   Poor clinical outcomes
   Expensive, ‘hospi-centric’
   Undermines health system strengthening
Outcome monitoring
Number of cases that...

- **Died** in the public health system:
  - 1198 only inpatient units
  - ?? Outpatient units (home, etc)

- **Cured** from SAM: unknown
- **Defaulted**: unknown
- **Non-response**: unknown

It takes 4-5 months to rehabilitate a child with SAM
Evolution of programme: early

New cases detected at

Hosp    PHC    Home
Evolution of programme: Matured

New cases detected at

Hosp  PHC  Home
So how do we solve this problem?
How many case cohort management systems do you know are currently in place in public health system?

- TB
- ART
- PMTCT
- EPI

*Cinderella*

- How about Growth Monitoring and Promotion (RTHB) and Management of Acute Malnutrition?
Whatever happened to “find, treat and cure” malnutrition

- Active case finding and community mobilization
- Active case management: prevention and treatment
- Active case follow-up and cure
Maximum Duration of treatment in programme settings (time to recovery)

• HIV → life-long

• TB → 6-12 months

• Not growing well (NAM at risk):
  • **Static weight or Losing weight**: 2 weeks for rapid catch up growth, plus additional 2 weeks to sustain weight trajectory
  • **Slow weight gain**: 1 week to regain trajectory weight gain, plus additional 1 week to sustain weight trajectory

• MAM → 42 days for rapid catch-up growth, plus additional 4 weeks to sustain weight trajectory

• SAM → 60 days for rapid catch-up growth, plus additional 4 weeks to sustain weight trajectory
Case Cohort Management System

New cases (incidence) → People living with:

- Not growing well
- MAM
- SAM

Outcomes:
- Cured/Recovered
- Died
- Defaulted
- Non-response

Prevalence
WHO Updated Guidelines 2013 and tools developed
**Reporting tools (example)**

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**ANNEX 22 - MONTHLY REPORT IPF**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Total beginning of the month (Beg)</th>
<th>New admissions</th>
<th>RE-ADMISSION after defaulting (&lt;2mo) (Trad)</th>
<th>INTERNAL TRANSFER (from OTP or another IPF) (Tin)</th>
<th>Total Entry to facility (Cit)</th>
<th>Transfer SUCCESSFULLY TREATED/ Internal transfer to OTP (Tout)</th>
<th>other EXIT from Facility</th>
<th>Total Exit (Cout)</th>
<th>Total end of the month (End)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 6 months</td>
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<td>6-23 months</td>
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<td>24-59 months</td>
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<tr>
<td>&gt;59 months</td>
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<tr>
<td>Total</td>
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</tr>
</tbody>
</table>

| Errors of admissions | No |

<table>
<thead>
<tr>
<th>Products</th>
<th>In stock</th>
<th>In</th>
<th>Out</th>
<th>Balance</th>
</tr>
</thead>
<tbody>
<tr>
<td>F75 (sachet)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>F100 (sachet)</td>
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<tr>
<td>RUTF (box)</td>
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</tbody>
</table>

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Source: Michael Golden et al. 2012 IMAM Protocol
Process mapping-linking NACS with birth cohort:

- **HEI** (H+/H+ dyad)
- **HEU** (H+/H- dyad)
- **H-/H- dyad**

ANC pregnant women H+ and H-
Service stations to link NACS with HIV routines

• ANC services (pregnant and lactating women, outpatient)
• Labour and Delivery
• Post-natal services up to 6 weeks (inpatient, outpatient)
• Under 5 Clinics (IMCI and Well-baby) (outpatient)
• PMTCT follow-up screening and care (outpatient)
• ART services (outpatient)
• TB Treatment services (outpatient)
• Inpatient care units for sick malnourished cases
  • Neonatal units
  • Children units
  • Adults
  • Pregnant/Lactating women (maternity units)
Recording, Reporting, Reviewing and Responding
Recording

• Support facility client flow and care plans
• Use your ART registers to record case types and treatment plans
• Patient case records: C-A-D-F-B
  • Growth charts in the patient records
  • Rate of weight gain charts when on supplements
• Update the RTHB
• Setup the longitudinal cohort management and tracking systems for all ART cases, PMTCT cases and TB cases PLUS all cases who are malnourished (RTHB cases).
Reporting
(Weekly ➔ Monthly ➔ Quarterly ➔ Annual)

- Number of <case type> in <age category> in the ART programme;
- Number of <case type> in <age category> in the ART programme who had a nutritional assessment done;
- Number of <case type> in <age category> in the ART programme who had an appropriate nutritional classification assigned;
- Number of <case type> in <age category> in the ART programme who were appropriately entered into a nutritional care plan;
- Number of <case type> in <age category> in the ART programme appropriately entered into an nutritional care plan that
  - cured/recovered;
  - Died
  - Lost to follow-up (defaulted)
  - Absconded
  - Non-response (referred for specialist care)

Integrate into the facility operational plans
Indicators and targets

90-90-90-90 Cascade of Nutrition and HIV

• 100% of ART cases <age category> and PMTCT cases are entered into a NACS programme

• >90% are assessed

• >90% are classified correctly

• >90% are entered into nutritional care and support plan
  • >90% cured/recovered within maximum treatment duration;
  • <10% died (inpatient plus during outpatient (home deaths);
  • <5% defaulted (lost-to-follow-up after 2 consecutive visits)
  • <1% non-response after maximum treatment duration;

• >90% of <case type> and <age category> virally suppressed (survived and well)
Reviewing

• Monthly review of throughput statistics
• Continuous quality improvement plans
  • Content of care (clinical audits, protocols, SOP, guidelines, clinical care and governance, clinical mentorship)
  • Process of care (referrals, supplements, WBOTS follow-up, tracking and adherence clubs, leadership and governance)
• Integrate into MNCWH&N Quarterly Meeting at district level and provincial level (HAST↔Nutrition)
Responding

• Clinical mentoring to improve quality of care
  • Inpatient care
  • Outpatient care
• Improve the record keeping and reporting
  • Cohort management and tracking system
• Work together with HAST, Nutrition and MCH units at all levels
  • Strengthen the Food Security and Nutrition Inter-sectoral Plans

Remember: nutritional supplements are meant for the client not the entire household. To support household that are food insecure, refer the household to FNS inter-sectoral agencies in your area
Vehicle to achieve these steps...

- District Health Planning and Monitoring
- District Implementation Plans (DIP)
- District Operational Plans (DOP)
- District Multi-disciplinary Teams (MDT)
  - Dieticians
  - MCH Managers
  - DCST
  - HAST
Trends in inpatient case fatality (iCFR) rates in South Africa

Source: DHIS National Department of Health
thank you