Impact of Facility Based Dietary Management on Severe Acute Malnutrition in Children Aged 6 to 60 Months Admitted in Nutritional Rehabilitation Centre of KLES’s Dr. Prabhakar Kore Hospital of Belagavi City – A Longitudinal Study

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Abstract: Background: India is home to more than one-third of the world’s under-nourished children, according to WHO Health statistics 2012 and 54% of deaths among under five children are due to malnutrition in developing countries. Objective: To assess the impact of facility based dietary management on severe acute malnutrition among children aged 6 to 60 months. Materials and Methods: The present longitudinal study was carried out among the children aged between 6 to 60 months admitted in Nutritional Rehabilitation Centre of KLES Dr. Prabhakar Kore Hospital. Pre-designed and pre-tested questionnaire was used to collect the required information. Paired t test was calculated to see the association. Results: Majority (80%) children were severe acute malnourished and (20%) were moderate acute malnourished. The mean weight, height, MUAC and Hb% of children increased at the time of discharge and during follow up visits. A statistically significant relationship was found between weight, height, MUAC and Hb% at different intervals (p<0.05). Conclusion: Nutritional rehabilitation centre has a positive impact on the nutritional status of the children who were admitted to the hospital while after the discharge of the children from the hospital there was a slow but steady and apparent increase in the weight, height, MUAC and Hb%.

Keywords: Nutritional Rehabilitation Centre (NRC), Severe Acute Malnutrition (SAM), Moderate Acute Malnutrition (MAM), Impact, Children.

1. Introduction

Severe Acute Malnutrition (SAM) is defined as weight for height less than -3SD and/or visible severe wasting and/or edema of both feet (excluding other causes of edema), mid arm circumference less than 11.5 cm (in infant more than 6 months of age) (Mason et al., 2005).

Poor nutrition during childhood causes severe cognitive and physical damage. It is a violation of a child’s human right. It has been observed that the rate of poorly nourished children is exceptionally high among few regions and groups. Alma Ata Declaration (1978) envisaged “Health for All” goal till 2000. A large number of women and children are suffering from severe malnutrition, especially in developing countries like India (Babatunde et al., 2011).

Severe acute malnutrition is both a medical and social disorder. The socio-cultural and poor economic conditions have massive effect on health status eventually leading to situations like malnutrition. Lack of exclusive breast feeding, late introduction of complementary feeds, feeding diluted feeds containing less nutrients, repeated enteric infection, respiratory tract infections, ignorance, poverty are some of the factors responsible for severe acute malnutrition (Sadler et al., 2008). According to National Family Health Survey III 2005-06, 45%, 23% and 40% of children below three years suffer from stunting, wasting and underweight respectively (NFHS-3, 2005-06).

To fight with malnutrition, the collaboration of WHO and UNICEF developed the concept of facility based dietary management which is accepted and adopted by the Government of India. Under the NRHM all over India, in March 2011, the concept of facility based dietary management in tertiary care hospital which is named as Nutritional rehabilitation centre (NRC), nutrition programme was started with establishment of NRCs at district level. Also private medical colleges and tertiary hospitals were encouraged to join hands to attain the goal of eliminating malnutrition (UNICEF, 2004).

As an extension of this, KLE society’s Dr. Prabhakar Kore charitable hospital has started Nutritional Rehabilitation Centre supported by department of Pediatrics on 14th February 2012, which was inaugurated by Miss Linda Wright (Secretary of National Institute of Health). The objective of this study is to assess the impact of facility based dietary management on severe acute malnutrition among children aged 6 to 60 months.
2. Materials and Methods

The present longitudinal study was carried out amongst the Children admitted in NRC aged between 6 to 60 months and who resided in the Belgaum district during the period of study. The necessary data required for the study was obtained both as primary and secondary. Accordingly, Secondary data was collected from inpatient case sheets obtained both as primary and secondary. Primary data was collected by interviewing informers (mother, father, grandmother and others) by anthropometric measurements etc. Duration of this study was 10 months from January 2013 to October 2013. Data collection was done in 5 phases:

1. Phase 1: On the day of admission,
2. Phase 2: On the day of discharge,
3. Phase 3: 30 days after the discharge from NRC, Phase 4: 30 days after the first follow-up,
4. Phase 5: 30 days after the second follow-up.

Sample size calculation:

As clinically significant with 

\[ n = \frac{(Z_\alpha + Z_\beta)^2 \times \sigma^2}{\delta^2} \]

\[ n = (1.96 + 1.26)^2 \times 15^2 \]

\[ n = 23.3 = 25 \text{ approximated to 30} \] (additional 5 samples are take to address the drop outs).

The collected data was calculated. Paired t test was used to determine the association. Level of significance was considered at \( p<0.05 \).

3. Results

In the present study, more than quarters 11 (36.7%) children belonged to the age group of 13-24 months, followed by 25-36 months 9 (30%), 6-12 months 7 (23.3%) and 49-60 months 3 (10%). None of the children were from the age group of 37-48 months. Majority 17 (56.7%) were male and 13 (43.3%) were female. Loss of appetite was the main complaint by 22 (73.3%) of participants, followed by cough 20 (66.7%), fever 19 (63.3%) and diarrhoea, vomiting, swelling of limbs/body was 13 (43.3%), 10 (33.3%), 7 (23.3%) respectively while urinary complaints was least with 1 (3.3%). Vaccination coverage was seen in which, majority 28 (93.3%) children had taken BCG and OPV all doses. DPT all doses were found in 27 (90%) children while Hepatitis-B 1 vaccination was seen in 7 (23.3%) children while Hepatitis-B 2 and 3 were least with 6 (20%) each. (Figure 1)
Figure 1: Distribution of participants according to immunization status. Improvement is seen in 25 (83.3%) children. (Figure 1)

Table 1: Impact of NRC on weight

<table>
<thead>
<tr>
<th></th>
<th>Mean weight at admission</th>
<th>Mean weight at discharge</th>
<th>Total mean weight gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean weight at admission</td>
<td>6.27 ± 2.15 Kg</td>
<td>6.78 ± 2.28 Kg</td>
<td>0.51 Kg</td>
</tr>
<tr>
<td>Mean weight at discharge</td>
<td>6.78 ± 2.28 Kg</td>
<td>6.90 ± 2.29 Kg</td>
<td>0.12 Kg</td>
</tr>
<tr>
<td>Mean weight at 1&lt;sup&gt;st&lt;/sup&gt; follow up</td>
<td>7.03 ± 2.32 Kg</td>
<td>7.12 ± 2.35 Kg</td>
<td>0.09 Kg</td>
</tr>
<tr>
<td>Mean weight at 2&lt;sup&gt;nd&lt;/sup&gt; follow up</td>
<td>7.03 ± 2.33 Kg</td>
<td>7.12 ± 2.35 Kg</td>
<td>0.09 Kg</td>
</tr>
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- Significant

In this study the mean weight at admission was 6.27±2.15 Kg and mean weight at discharge was 6.78 ± 2.28 Kg. The total mean weight gain was 0.51 Kg and this difference was found to be statistically significant. The mean weight at discharge was 6.78±2.28 Kg and mean weight at 1<sup>st</sup> follow up was 6.90 ± 2.29 Kg. Total gain in mean weight was 0.12 Kg and the difference was not statistically significant. Mean weight at 1<sup>st</sup> follow up was 6.90±2.29 Kg and mean weight at 2<sup>nd</sup> follow up was 7.03 ± 2.33 Kg. The total mean weight gain was 0.12 Kg while in the third follow up total mean weight gain was 0.09 Kg. The difference between mean weight in 2<sup>nd</sup> and 3<sup>rd</sup> follow up was not statistically significant. (Table 1)

Table 2: Impact of NRC on height

<table>
<thead>
<tr>
<th></th>
<th>Mean height at admission</th>
<th>Mean height at discharge</th>
<th>Total mean height gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean height at admission</td>
<td>71.98 ± 15.29 cm</td>
<td>72.06 ± 15.36 cm</td>
<td>0.07 cm</td>
</tr>
<tr>
<td>Mean height at discharge</td>
<td>72.06 ± 15.36 cm</td>
<td>72.32 ± 15.37 cm</td>
<td>0.26 cm</td>
</tr>
<tr>
<td>Mean height at 1&lt;sup&gt;st&lt;/sup&gt; follow up</td>
<td>72.30 ± 15.37 cm</td>
<td>72.65 ± 15.41 cm</td>
<td>0.33 cm</td>
</tr>
<tr>
<td>Mean height at 2&lt;sup&gt;nd&lt;/sup&gt; follow up</td>
<td>72.65 ± 15.41 cm</td>
<td>72.93 ± 15.47 cm</td>
<td>0.27 cm</td>
</tr>
</tbody>
</table>

- Significant

The mean height of participants at admission was 71.98±15.29 cm and at the time of discharge mean height was 72.6 ± 15.36 cm. The total mean height increase was 0.07 cm and this difference was found to be statistically significant. Similarly the mean height at discharge was 72.06 ± 15.36 cm and mean height at 1<sup>st</sup> follow up was 72.32 ± 15.37 cm. The total mean height increase was 0.26 cm and the difference was statistically significant. Mean height at 2<sup>nd</sup> and 3<sup>rd</sup> follow up also increased and the difference in mean weight detected a significant difference. (Table 2)

Table 3: Impact of NRC on MUAC

<table>
<thead>
<tr>
<th></th>
<th>Mean MUAC at admission</th>
<th>Mean MUAC at discharge</th>
<th>Total mean MUAC gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean MUAC at admission</td>
<td>11.07 ± 1.22 cm</td>
<td>11.30 ± 1.18 cm</td>
<td>0.23 cm</td>
</tr>
<tr>
<td>Mean MUAC at discharge</td>
<td>11.30 ± 1.18 cm</td>
<td>11.45 ± 1.15 cm</td>
<td>0.06 cm</td>
</tr>
<tr>
<td>Mean MUAC at 1&lt;sup&gt;st&lt;/sup&gt; follow up</td>
<td>11.45 ± 1.15 cm</td>
<td>11.48 ± 1.12 cm</td>
<td>0.03 cm</td>
</tr>
<tr>
<td>Mean MUAC at 2&lt;sup&gt;nd&lt;/sup&gt; follow up</td>
<td>11.48 ± 1.12 cm</td>
<td>11.52 ± 1.13 cm</td>
<td>0.04 cm</td>
</tr>
</tbody>
</table>

- Significant

Table 4: Impact of NRC on Hb%.

<table>
<thead>
<tr>
<th></th>
<th>Mean Hb% at admission</th>
<th>Mean Hb% at discharge</th>
<th>Total mean Hb% gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean Hb% at admission</td>
<td>9.36 ± 1.84</td>
<td>10.06 ± 1.48</td>
<td>0.7</td>
</tr>
<tr>
<td>Mean Hb% at discharge</td>
<td>10.06 ± 1.48</td>
<td>10.23 ± 1.30</td>
<td>0.18</td>
</tr>
<tr>
<td>Mean Hb% at 1&lt;sup&gt;st&lt;/sup&gt; follow up</td>
<td>10.23 ± 1.30</td>
<td>10.46 ± 1.38</td>
<td>0.23</td>
</tr>
<tr>
<td>Mean Hb% at 2&lt;sup&gt;nd&lt;/sup&gt; follow up</td>
<td>10.46 ± 1.38</td>
<td>10.60 ± 1.45</td>
<td>0.18</td>
</tr>
<tr>
<td>Mean Hb% at 3&lt;sup&gt;rd&lt;/sup&gt; follow up</td>
<td>10.60 ± 1.45</td>
<td>10.73 ± 1.50</td>
<td>0.13</td>
</tr>
</tbody>
</table>

- Significant

In this study the mean Hb% at admission was 9.36±1.84 and mean Hb% at discharge was 10.06±1.48. The total mean Hb% change was 0.7 and the difference was found to be statistically significant. The mean Hb% at discharge was 10.06±1.48 and mean Hb% at 1<sup>st</sup> follow up was 10.23 ± 1.30. Total gain in mean Hb% was 0.18 Kg and the difference was not statistically significant. Mean Hb% at 2<sup>nd</sup> and 3<sup>rd</sup> follow up also increased and the difference in mean weight detected a significant difference. (Table 2)

Present study showed that the mean mid upper arm circumference (MUAC) at admission was 11.07±1.22 cm and at the time of discharge it was 11.30±1.21 cm. The total MUAC increase was 0.23cm and this difference was found to be statistically significant. Mean MUAC of children also increase in 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> follow up and the difference between mean of MUAC was only significant in 1<sup>st</sup> follow up. (Table 3)

In this study the mean Hb% at admission was 9.36±1.84 and mean Hb% at discharge was 10.06±1.48. The total mean Hb% change was 0.7 and the difference was found to be statistically significant. The mean Hb% at discharge was 10.06±1.48 and mean Hb% at 1<sup>st</sup> follow up was 10.23 ± 1.30. Total gain in mean Hb% was 0.18 Kg and the difference was not statistically significant. Mean Hb% at 2<sup>nd</sup> and 3<sup>rd</sup> follow up also increased and the difference in mean weight detected a significant difference. (Table 2)
be statistically significant. Mean Hb% of children also increase in the 1\textsuperscript{st}, 2\textsuperscript{nd} and 3\textsuperscript{rd} follow up and the difference between mean of Hb% was not significant. (Table 4)

4. Discussion

In this study, age distribution was seen as majority of the participants (36.7\%) were aged between 13 to 24 months. Similar to this, study conducted in Peshawar-Pakistan showed that mean age of admission was 11.7 months and (59.2\%) were aged below 24 months (Younas et al., 2012). Another study done in Bangladesh showed (66\%) were less than 2 years (Md Iqbal et al., 2009). Similar to this, study done in Madhya Pradesh showed (40\%) children were of aged 13-24 months and (20\%) were of aged 25-36 months (Taneja et al., 2012).

Diarrhoea symptom was present in (80\%) children followed by pallor (70\%). About (74\%) children were suffering from pallor and (11\%) from dehydration (Das et al., 2011). (11\%) children were suffering from pallor (Younas et al., 2012). Study done in Enugu showed (72.4\%) children had dehydration problem (Ubesie et al., 2012).

About (93.3\%) children had received BCG vaccine and all doses of OPV. (90\%) received DPT full doses, (70\%) got measles vaccination while only (40\%) received booster doses of DPT and OPV. Less than a quarter (23\%), (20\%) & (20\%) children were vaccinated with HEP B 1, 2 & 3 doses respectively.

In present study, among the total number of children attended (83.3\%) were in improved condition during discharge and (10\%) of them deteriorated from initial condition. A study done in New Delhi showed improvement in (79.4\%) children and deterioration in (11\%) of children (Bhan et al., 2003). Another study done in Enugu showed (58.5\%) of recovery rate (Ubesie et al., 2012). The mean weight at admission and discharge were 6.27 Kg and 6.78Kg and the difference between both was statistically significant. Similar findings were reported in a study conducted in Madhya Pradesh (Taneja et al., 2012).

No statistically significant association was found between the Hb% of children at admission and discharge but no statistically significant difference was found in Hb% of children at three follow up visits. No data was available from the resources in this regard.

5. Conclusion

In the present study, it is evident that there is a significant relationship between weight, height, MUAC and Hb% at different intervals. The study also revealed that NRC has a positive impact on the nutritional status of the children who were admitted to the hospital. Moreover the study demonstrated that after the discharge of the child from the hospital, there was a slow but steady and apparent increase in the weight, height, MUAC and Hb% of the children as compared to the admission and discharge period.

6. Acknowledgement

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References


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