TUTORIALS

PG Residency

Pediatrics

Nutrition

Smart Notes. Better Scores.

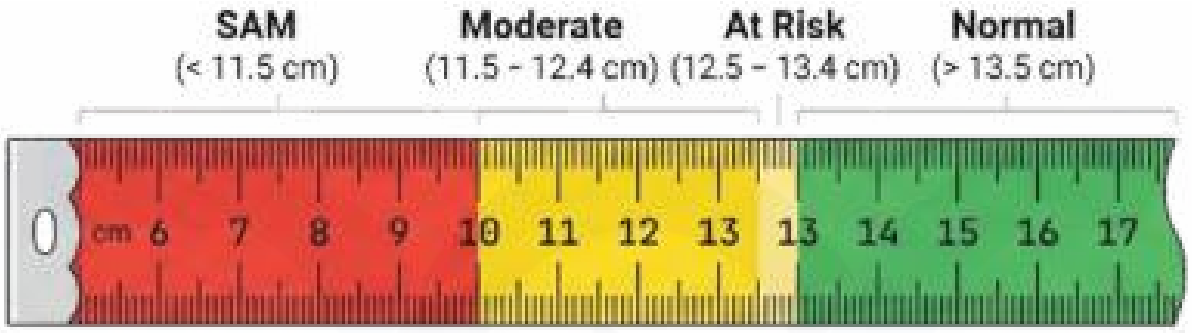
Table of Content

Severe Acute Malnutrition (SAM) Criteria

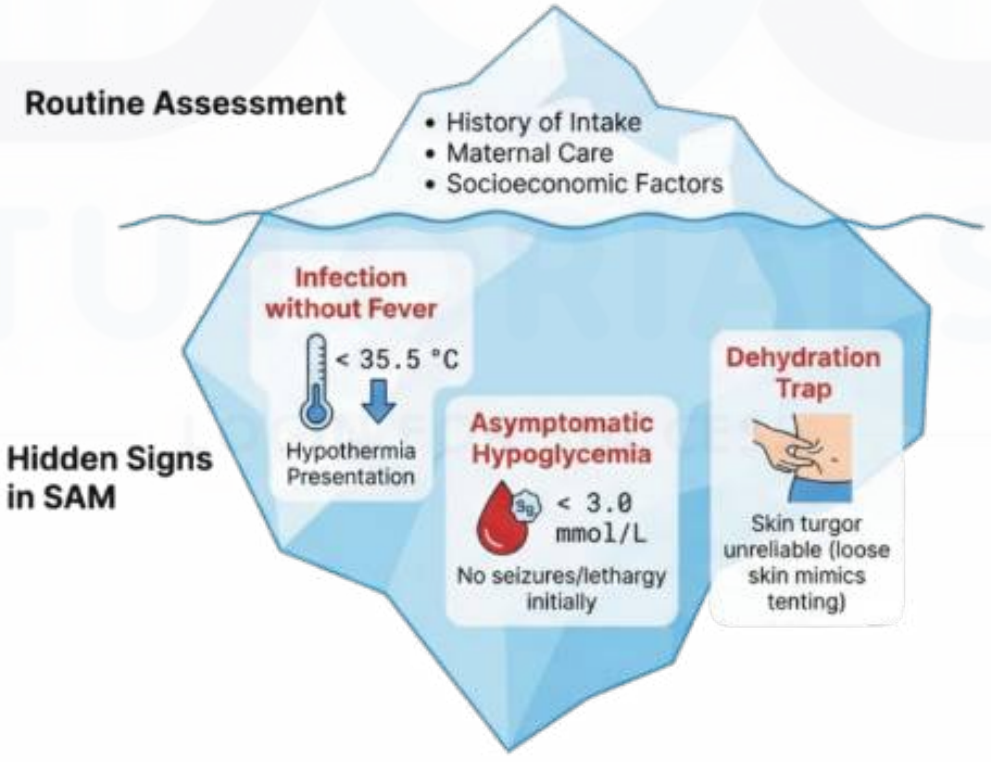
- Age: 6 months - 5 years
- Weight-for-Height: **< -3 SD** (WHO Standards)
- Physical Signs: Severe visible wasting OR Bilateral pedal edema
- MUAC: <11.5 cm

Clinical Scope: Undernutrition & Overnutrition.

Common Comorbidities: TB, Cardiac, CF, Chronic Diarrhea



Assessment Principles: The Silent Dangers

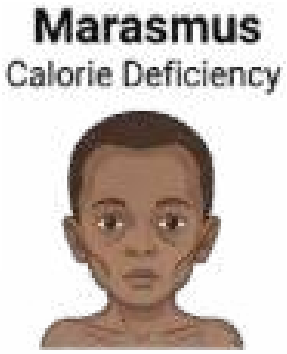


Safety Alert

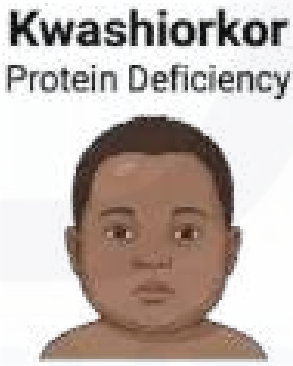
PRIORITY: Assess ABCS First (Airway, Breathing, Circulation)

Children with SAM are effectively immuno-compromised.

Clinical Differentiation: Marasmus vs. Kwashiorkor



- **Appearance:** Severe wasting, "Baggy pants" loose skin
- **Mental Status:** Alert
- **Edema:** Absent
- **APPETITE:** VORACIOUS / GOOD

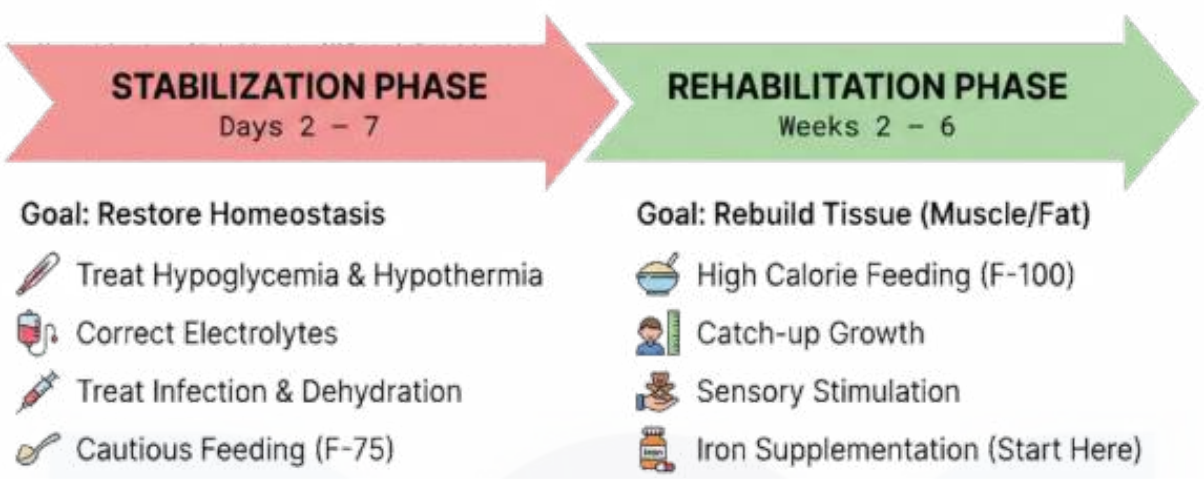


- **Appearance:** "Sugar baby" (deceptive fat), "Flaky paint" dermatosis
- **Mental Status:** Apathetic, miserable
- **Edema:** Present (Generalized)
- **APPETITE:** POOR

Common Critical Signs

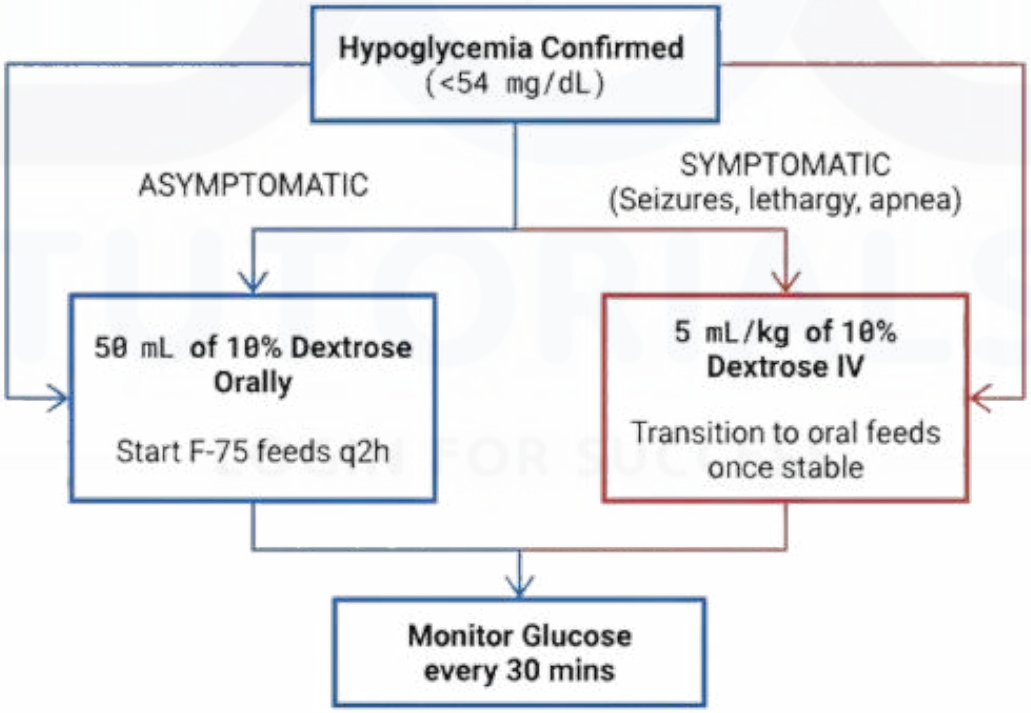
Shock (Cold extremities, weak pulse) Deficiencies (Vit A/D eye signs) Dermatitis

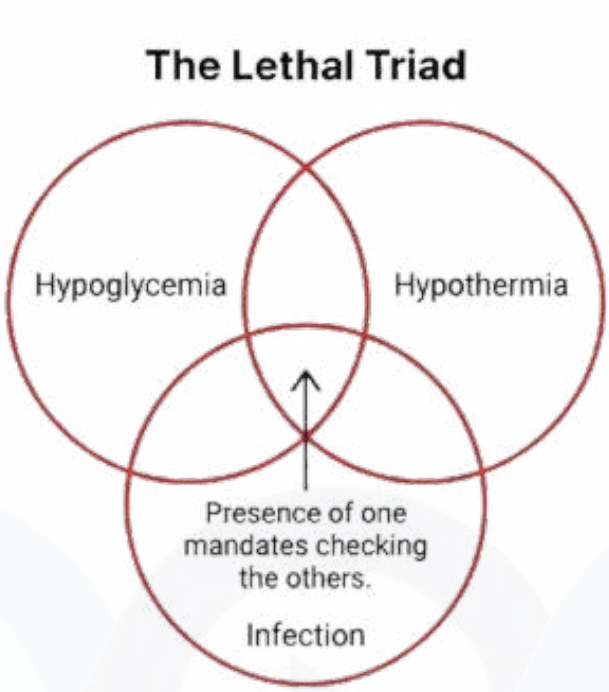
Management Timeline: Stabilization to Rehabilitation



Critical Action: Hypoglycemia Protocol

Cutoff: < 54 mg/dL (<3 mmol/L). Check at first contact.





Thermoregulation & Electrolyte Safety

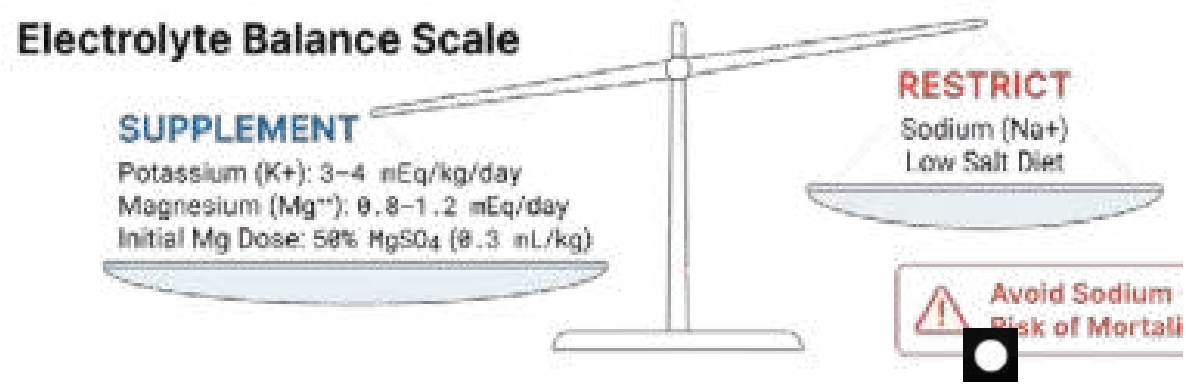
Thermoregulation

Hypothermia Cutoff:

Rectal Temp < 35.5°C (95.9°F)

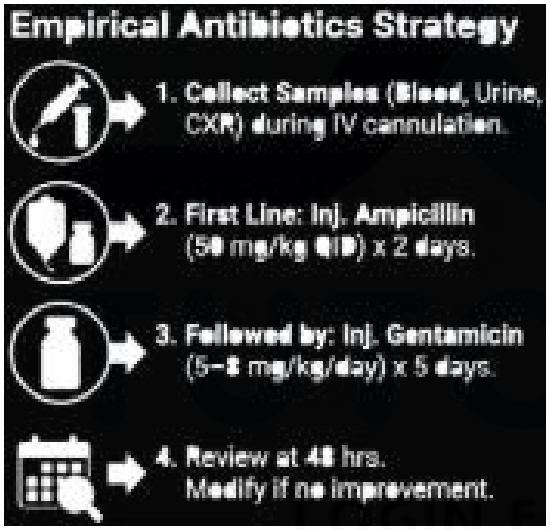
Monitor every 2 hours. Feeding aids thermogenesis.

Electrolyte Balance Scale



⚠ **Avoid Sodium Overload. Risk of Mortality.**

Infection Protocol & Micronutrients



Micronutrient Dosing Table

Nutrient	Dose/Schedule
Vitamin A	<6mo: 50k IU | 6–12mo: 100k IU | >1yr: 200k IU
Folic Acid	1 mg/day (Load 5mg Day 1)
Zinc	2 mg/kg/day
Copper	0.2–0.3 mg/kg/day
IRON	3 mg/kg/day

STOP

START ONLY IN REHABILITATION PHASE. Do NOT give in stabilization.

Refeeding & Discharge Safety Check

Formula Transition

Discharge Checklist

Ready for Discharge?

- **Anthropometry:** Weight-for-Height **≥ 90%** median
- **Clinical:** No Edema, Alert, Feeding well
- **Growth:** Weightgain **≥ 5 g/kg/day** (3consecutive days)
- **Medical:** Infections treated, Immunizations complete

Community Prevention Targets

ICDS Target: < 6 years

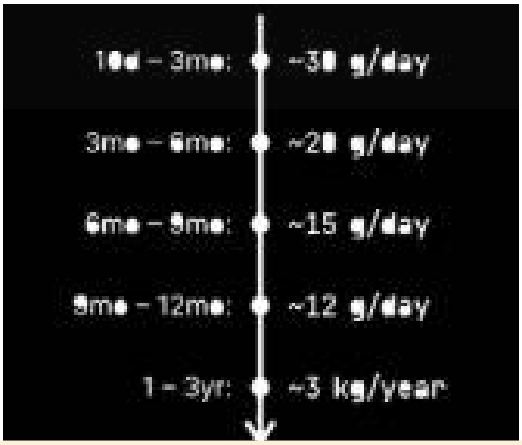
Mid-Day Meal:450kcal/12gprotein(Primary)700kcal/20g protein (Upper Primary)

Anthropometry Tools & Velocity

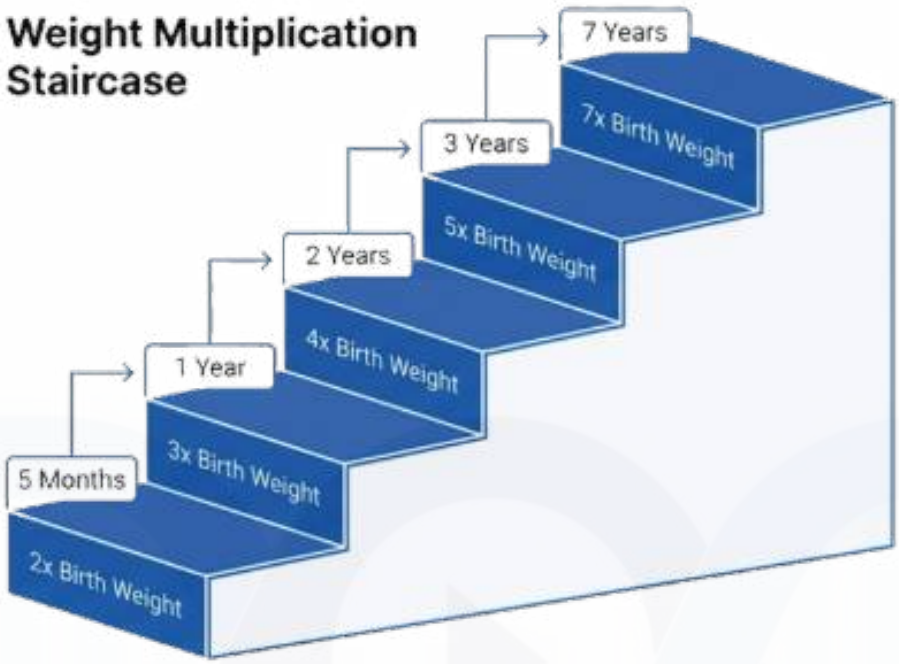
Length I <2Years)

Height (> 2 Years)

Weight Gain Velocity (Term Infants)



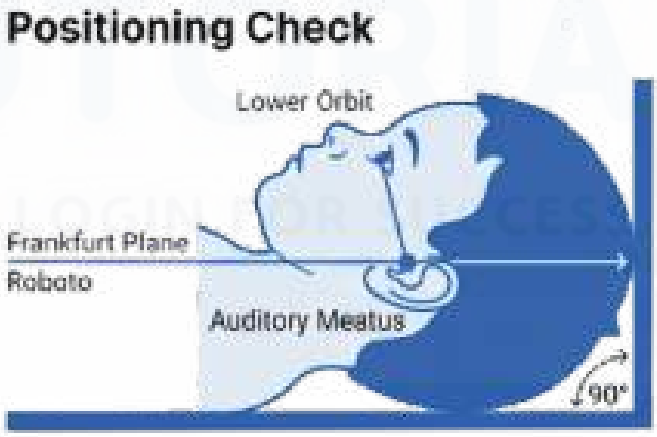
Growth Benchmarks & Formulas



Quick Estimation Formulas

Weight (1-6yr): (Age in years x 2) + 8

Height (up to 12y): (Age x 6) + 77



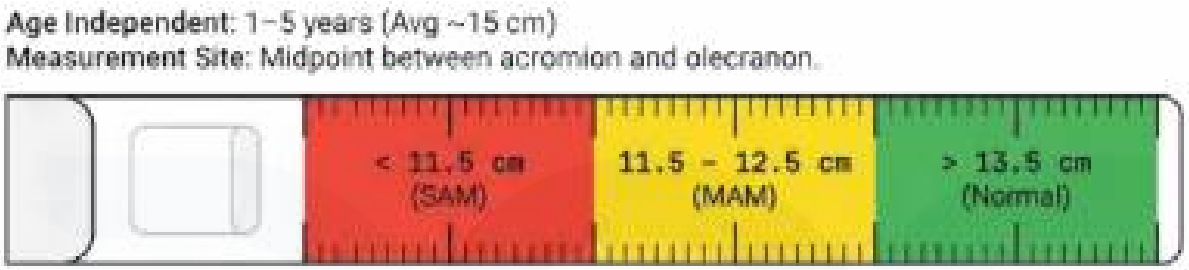
Head Circumference & MUAC Details

Head Circumference (HC)

Birth: 35 cm 3 mo: 40 cm 1 yr: 45 – 46 cm

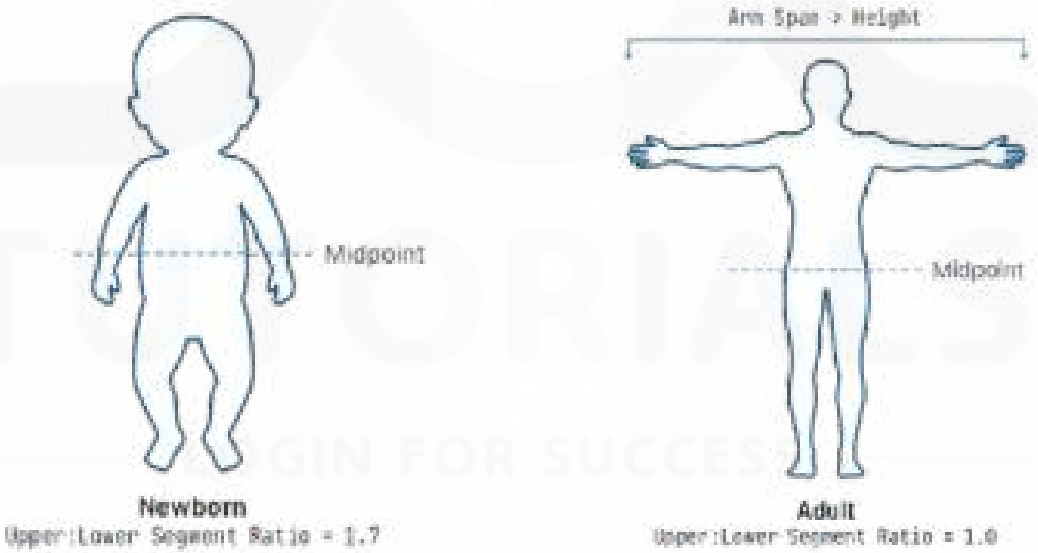
Microcephaly: < -3 SD

Mid-Upper Arm Circumference (MUAC)



Body Proportions & Indices

Proportion Transformation

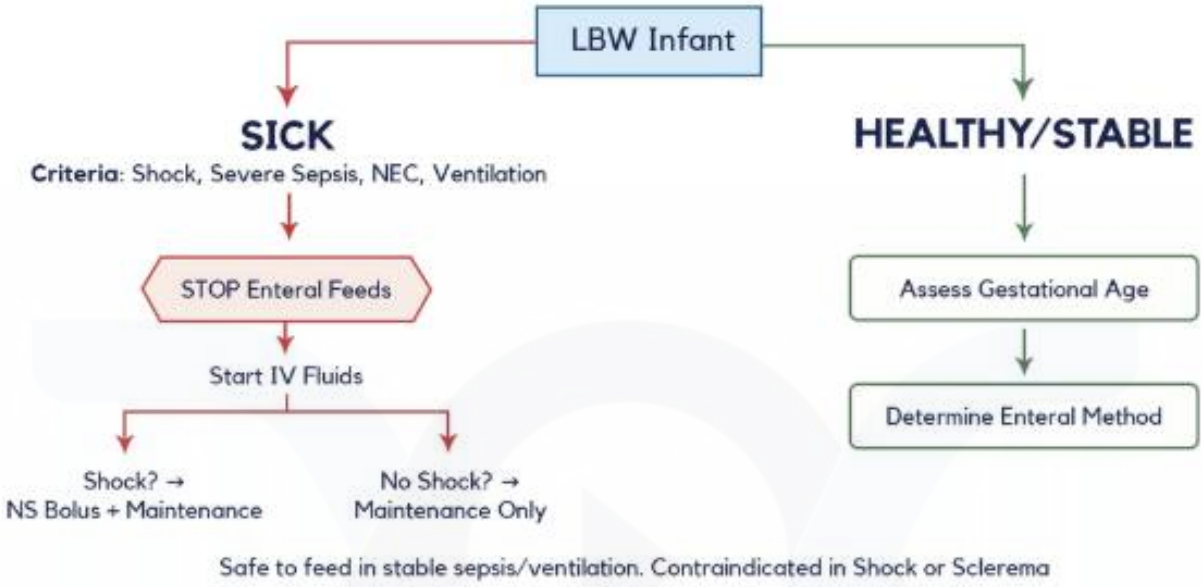


Key Indices

- **BMI:** Weight/Height2 (>95th% = Obese)
  Formula: Weight/2
  Cutoff:> 95%%
- **Ponderal Index:**
  Weight/Height3
  (SFD < 2, Normal > 2.5)

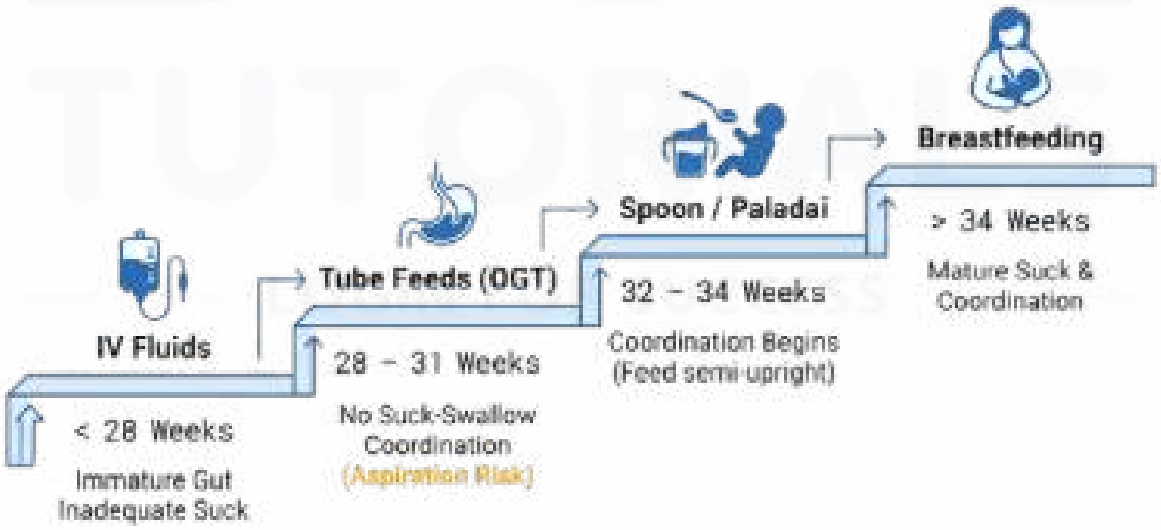
LBW Protocol: Triage & Initial Safety

LowBirthWeight(<2500g).PrimaryDecision:Sickvs.Stable.



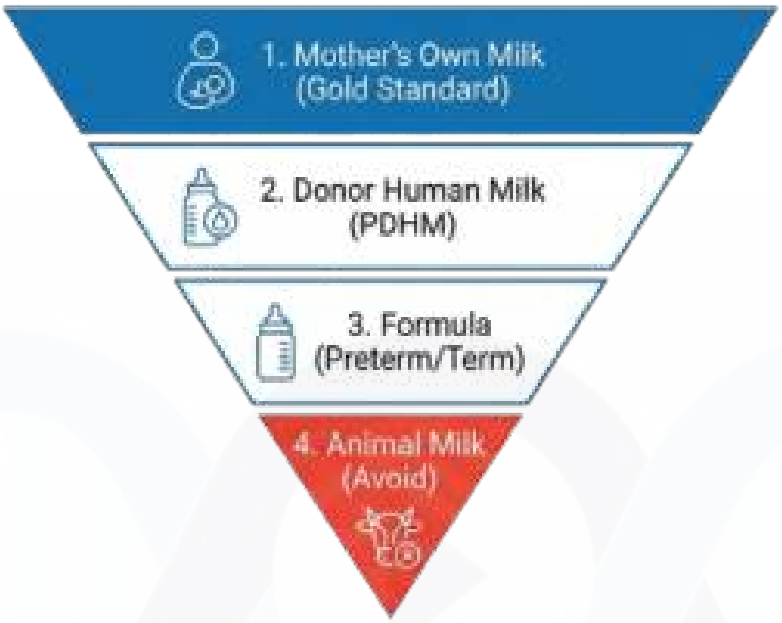
Healthy LBW: Feeding Method by Gestational Age

Maturation of Feeding Skills

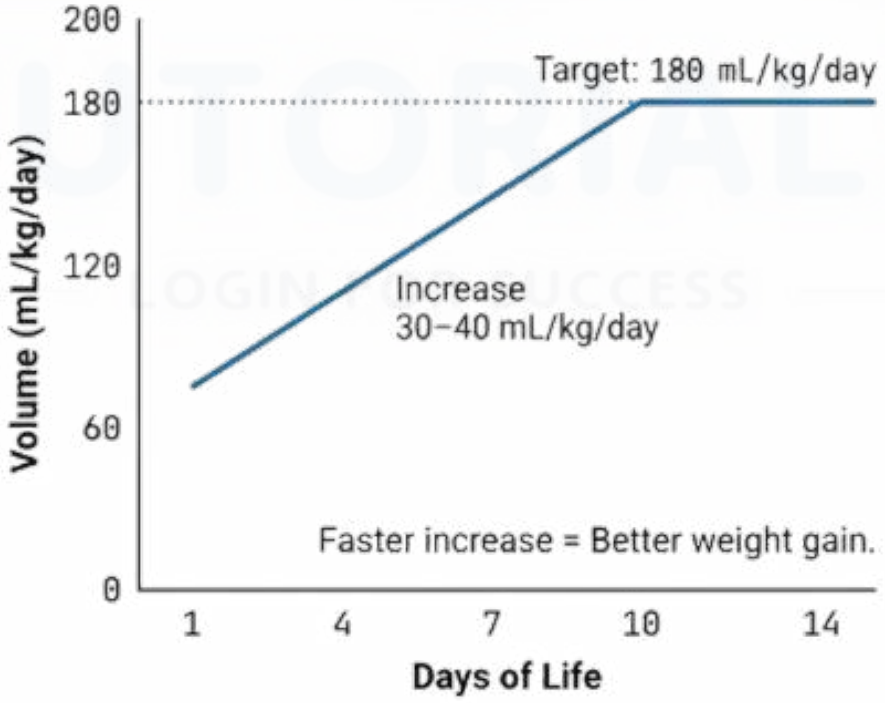


Milk Choices & Volume Protocol

Choice Hierarchy Pyramid



Volume Increase Graph



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