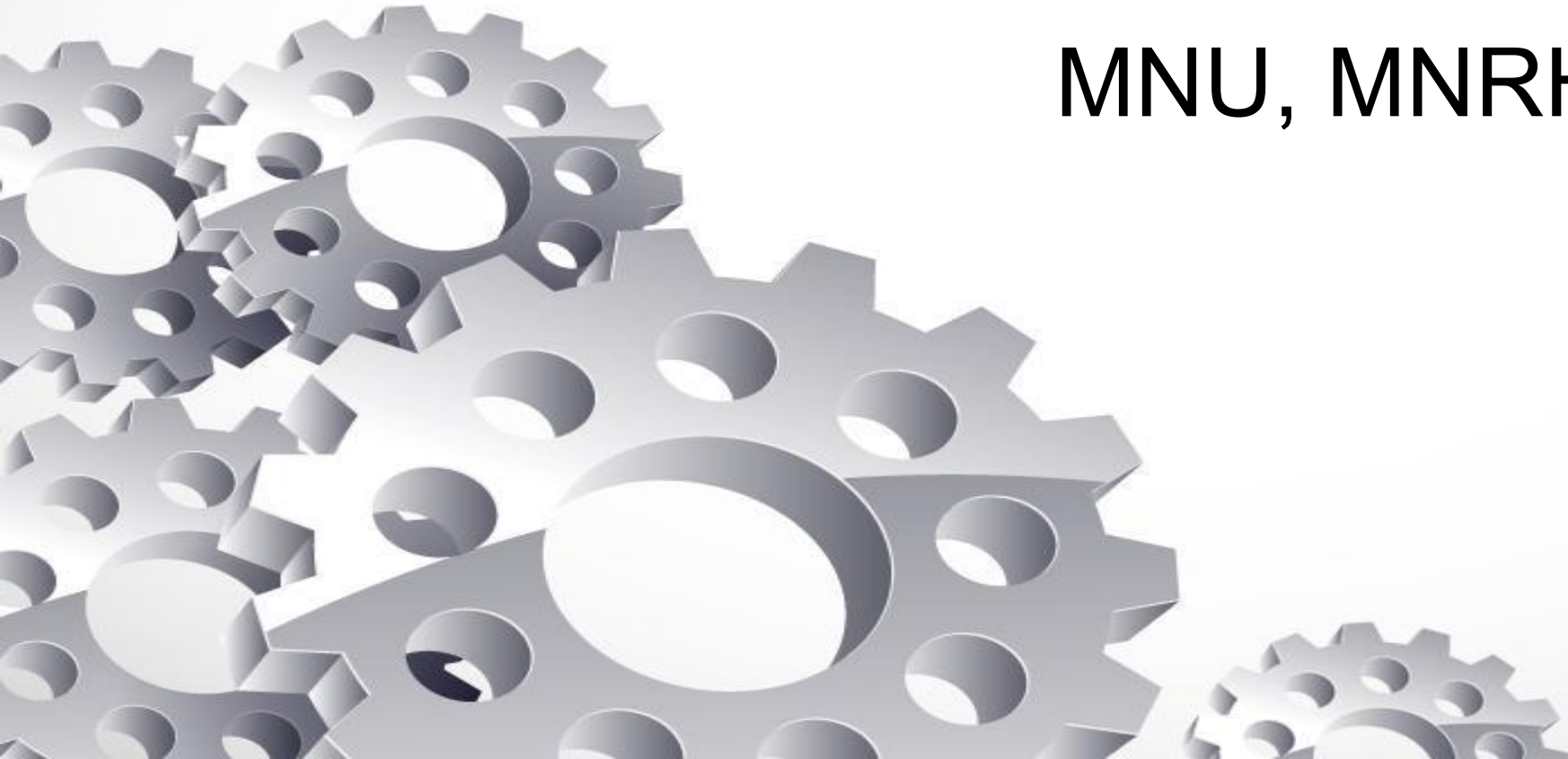


# Nursing and nutrition care for a child with SAM

Atuhaire Loice  
MNU, MNRH



# Introduction



## **Understanding Severe Acute Malnutrition (SAM)**

SAM is a life-threatening condition characterized by life-threatening malnutrition. It often includes severe wasting (low weight for height) and/or the presence of edema.

**Causes:** inadequate nutrient intake, frequent infections, and poor feeding practices. Socioeconomic factors and lack of access to healthcare also contribute.

# Importance of Integrated Care



**Holistic Approach:** Combines medical and nutritional care to address both symptoms and underlying causes

**Outcomes:** Improves recovery rates, reduces mortality, and supports long-term health.

# Nursing Roles in SAM Management

## Assessment

- ❖ measure weight , height and MUAC
- ❖ Check for edema and other signs of malnutrition.



## Immediate Care

- ❖ stabilise the child (treat the complications)
- ❖ Administer Antibiotics prescribed
- ❖ Start Therapeutic Feeding(F75, SDTM,F100,RUTF,



# Nursing role contd.....

## Monitoring and Management

- ❖ Regularly monitor weight and health.
- ❖ Adjust nutrition plans based on progress.

## Education and Support

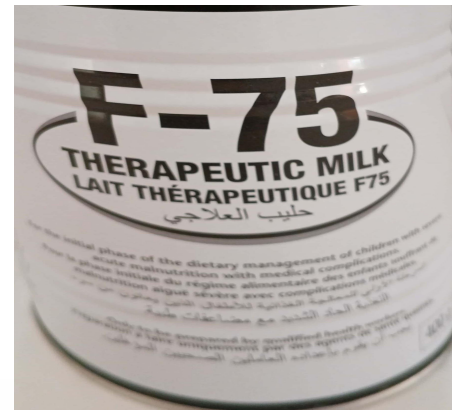
- ❖ Educate caregivers on feeding practices and warning signs
- ❖ Provide psychosocial support to family



# Nutrition Care Strategies

## Stabilisation phase

- Rehydrate with ReSoMal
- Therapeutic feeds to address immediate nutritional needs.



# Nutrition care contd.....



## Transition Phase

- ❖ Continue with monitoring of feeding



- ❖ Monitor the child's condition daily for weight gain
- ❖ Sensory stimulation and play



Contd.....



## **Rehabilitation phase**

- ❖ Ongoing nutritional support depending on age group
- ❖ less than 6months breastfeeding or any other medically recomended supplements
- ❖ Above 6 months Kitobero foods from locally available foods
- ❖ Nutrition and Health education of the caretakers

contd.....

- Discharge
- Follow up in our OTC clinic or Breastfeeding clinc
- community egagement and support



# Conclusion

Nutrition is a cornerstone of effective nursing care. By integrating thoughtful nutritional assessments and interventions, we significantly enhance patient outcomes and quality of life.



**contd.....**



## **Key actions,**

- Foster team collaboration between nurses and Nutritionist.
- Regularly update training for staff on nutrition best practices.
- Enhance patient education with clear resources on nutrition.

cont....

Thanks for Listening



End

