

## SIMPLE MEASURES TO INCREASE SIMPLE MEASUREMENTS

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**Background:** Malnutrition is a major public health issue that causes and contributes to significant morbidity and mortality of children in Low and Middle Income Countries (LMIC). The WHO and Kenya MOH recommend that all children between 6 months and 5 years receive a nutritional evaluation using either Mid-Upper Arm Circumference (MUAC) or WHO Z (WHZ) score at each healthcare contact. The goals of this project, conducted at PCEA Chogoria Mission Hospital (PCMH), were to evaluate if malnutrition education combined with weekly measurement reminders would improve adherence to these standards and result in greater recognition of Severe Acute Malnutrition (SAM) by clinicians.

**Methods:** Using PCMH's Electronic Medical Record (EMR), charts for admitted paediatric patients, from 6 months to 5 years, were extracted. Then, the frequency of a MUAC or WHZ score was tallied over two time periods - February 1, 2017 to July 31, 2017 (pre-intervention) and August 01, 2017 to December 31, 2017 (post-intervention).

The intervention began with a lecture about malnutrition with Clinical Officer Interns (COIs) and Medical Officer Interns (MOIs). Thereafter, this same group received weekly reminders to assess paediatric inpatients for malnutrition.

Pre- and post-intervention percentages were compared to evaluate impact.

### Results:

Paediatric Admissions (6 mo-5 yrs)	Patients with MUAC or WHZ Scores	Patients with SAM	Patients with Diagnosis of SAM in EMR
277	101 (36.5%)	8 (7.9%)	3 (37.5%)
201	94 (46.8%)	13 (13.8%)	9 (69.2%)

### Conclusions

Over this 5 month period, an educational lecture combined with weekly reminders to key clinical staff improved evaluation for malnutrition (36.5% vs. 46.8%). Taking more measurements resulted in the opportunity to diagnose more patients with SAM (7.9% vs 13.8%), and ultimately improved the clinicians' recognition of SAM (37.5% vs 69.2%). Future considerations should include expanding the intervention to nurses and extending the assessment to children over 5 years.