



NUTRITION CASE STUDY

Province: Sindh

District: Sukkur

UC: Bedal Begas

OTP Site: THQ - Rohri

Village: Piyaro Khan Chohan

Beneficiary Bio Data:

Full name of the Beneficiary	Bilawal
Enrollment No.	036
Age at the time of admission	21 Month
Number of immediate family members	07
Father's Name/Occupation	Azizullah Chohan / Unskilled labour
Mother's Name/Occupation	Manzooran / House Wife
Family Members/earning hands	One
Source of income	Labour
Monthly Family Income	12000/ Month
Siblings' Names and ages	1) Bahadur of 3 year 2) Rash of 4 years 3) Safia of 5 years 4) Shazia of 6 years.
Donor	Accelerated Action Plan
Background information on the individual / family (5-6 bullet points):	<ul style="list-style-type: none">• His father works as an unskilled labor and on daily wages.• His father is the only earning member to support the family• Most of family members are uneducated.• They have no proper information about health & hygiene.• No knowledge about proper balance diet.

Detail of the Case Study: (Hygiene practices, IYCF practices, Food practices)

Family Practices Before Intervention:

When Bilawal's mother took him to OTP site, she was monitored for feeding process, food and hygiene practices. It was observed that she was unable to properly feed Bilawal due to the following:

1. Unhealthy hygiene environment & practices.
2. Not proper diet given to Bilawal
3. She was not looking after the proper change of clothes.

Family Practices After Intervention:

1. There was improved health & hygiene conditions and practices for Bilawal after counselling.
2. Proper diet observed during and after the treatment.
3. Balanced supplementary food started due to which body requirement of Bilawal fulfilled.

Pictures

On Admission



Follow up



When Cured



Technical information about Case Study:

Name of program (SC OTP, SFP)	OTP
MUAC at the time of admission	9.6 (cm)
Weight at the time of admission	5.0 (Kg)
No of visits / Duration in the program	18
MUAC at the time of exit	12.0 (cm)
Weight at the time of exit	7.5
Additional information, if any	

DATE	No. VISIT	MUAC	WEIGHT
18-10-18	1	9.6	5
26-10-18	2	9.8	5.4
2-11-18	3	10.0	5.5
9-11-18	4	10.0	5.6
16-11-18	5	10.4	5.8
23-11-18	6	10.8	6.0
30-11-18	7	10.7	6.0
7-12-18	8	10.9	6.1
12-12-18	9	11.0	6.3
28-12-18	10	11.1	6.4
11-1-19	11	11.2	6.6
25-1-19	12	11.4	6.9
8-2-19	13	11.8	7.2
15-2-19	14	12.0	7.5



Quote by the Parents of Beneficiary:

Bilawal's parents were satisfied with the health status of their child and appreciated the efforts of the Nutrition team in guiding them to adopt better hygienic practices to ensure healthy growth of their children.

Conclusion:

It took hardly 02 months to bring back the child from poor nutritional status to a healthier one. The need to pay attention to the malnourished child should not be restricted only at OTP site; but it is also essential at the household level. Once a child is recovered from the malnutrition status, the guidance provided by the Nutrition Team should be followed in true spirit and follow-up visits should be done to avoid relapse cases.

We are happy to see the healthier face from a malnourished one. Although malnutrition is one of the key issues affecting the children health in the community, but fortunately it can be addressed easily and overcome by intervention of the Nutrition Team and support of the families. It is need of time is that we find out more such cases and bring the changes in the life style of the community by inducing hygienic practices. This programme is a key step to address the issue of malnutrition in Sindh, and we are proud to be part of this programme. It is important to note that this initiative is free of cost and has massive impact on the life of the people of Sindh.

Case study prepared by: **Community Uplift Program, Project Office – Sukkur**
