

Summary: Nutrition Protocol for Pregnant and Lactating Women

Outpatient treatment

	Nutritional status	Treatment
PLW Adults	MUAC >230 mm (23 cm) ⇒ no malnutrition	<ul style="list-style-type: none"> ➤ Give Iron/Folic Acid or Multi Micro-Nutrients (MMN) tablet 1/day ➤ Nutrition counselling ➤ No therapeutic foods
PLW Adults	MUAC < 230 mm (23 cm) ⇒ Acute Malnutrition	<ul style="list-style-type: none"> ➤ 2 sachets RUSF* or 3 bars BP5* /day or WFP ration** ⇒ For 2 weeks: 28 sachets RUSF or 5 boxes BP5 ➤ Give Iron/Folic Acid (if pregnant in malaria prone area) or MMN tablets, 1/day ➤ Follow up every 2 weeks ➤ Record in the malnutrition register
PLW Adolescents	Femmes Adolescents < 19 years ⇒ Regardless of MUAC	<ul style="list-style-type: none"> ➤ 2 sachets RUSF* or 3 bars BP5* /day or WFP ration** ⇒ For 2 weeks: 28 sachets RUSF or 5 boxes BP5 ➤ Give Iron/Folic Acid (if pregnant in malaria prone area) or MMN tablets, 1/day ➤ For Adolescent only: give Calcium 1g/day ➤ Follow up every 2 weeks ➤ Record in the malnutrition register

* In case of unavailability : RUSF can be replace by RUTF and BP5 by BP100 (same quantity)

🔔 In case of use RUTF → don't give Multi Micro Nutrients (MMN) tablets

**WFP ration is usually 200g SuperCereals + 25g oil / day

Admit the patient into maternity if:

- Malnutrition + medical complication (start PLW inpatient nutrition protocol)
- She has no appetite (cannot eat the RUSF/BP5) (start PLW inpatient nutrition protocol)
- She has already delivered and the baby needs admission for risk of malnutrition.

Discharge from the feeding program if:

Pregnant women Pregnant Adolescent	Lactating women Lactating Adolescent
42 days after delivery (<i>second visit PNC</i>) AND MUAC > 230mm AND No breastfeeding problem (<i>child is gaining weight</i>) AND Good clinical condition AND TT vaccine up-to-date	MUAC > 230 mm (<i>or until 6 months after delivery</i>) AND Child is growing normally AND Good clinical condition AND TT vaccine up-to-date
NOTE: when discharged at delivery if MUAC still < 23.0 cm, admit as lactating women	