



Takeaway: M8 S27 Key Discharge Activities

Key Messages:

- When referring the patient **from the ITFC to the ATFC**:
 - Explain that **the patient is not yet recovered** from the malnutrition and that they must continue the treatment at the ATFC until they are fully recovered. Pay special attention to the patients that are referred to a centre that is not supported by MSF, ensure they understand the next steps for them.
 - Explain the functioning of the ATFC and what to expect.
 - Information about the **follow up visits at the ATFC** and the date of their next appointment at the ATFC
 - Explain **how to give the RUTF** to their child at home
 - Ensure enough **RUTF is given** until the first ATFC appointment
 - For infants <6 months explain that the infant will not receive RUTF and that the goal of treatment is to get the infant back on effective exclusive breastfeeding. For non-breast-fed infants, ensure a caretaker is identified and trained regarding the safe preparation of breast-milk substitutes
- At discharge from the nutrition programme (ATFC):
 - **Vaccination status should be up to date**, if not caregivers should be notified of all incomplete vaccine series and of the need for follow-up appointments. For **measles, a second dose** is given at discharge, with a minimum interval of 4 weeks since the admission dose. Ensure that the patient has a **vaccination card**.
 - In some settings, an **exit ration** for the patient (RUTF) and a **discharge ration** (e.g. Fortified Blended Flour (FBF) and oil) for all the family members are given at discharge from the nutrition programme to prevent relapse.
 - For infants <6 months: Explain that the infant will be discharged from the programme and followed until the age of 6 months for growth monitoring, support for the mother/caretaker and the provision of BMS if needed.
- For all type of discharges (cured, defaulter, transfer, death), **patient files must be kept** at the centre discharging the child. All patients must be given a comprehensive **exit/discharge summary** to take away with them.

