



Standard Operating Procedures for District Hospital - Uttar Pradesh

Nutrition Rehabilitation Center



Quality Assurance Division
SPMU, NHM, UP

Objectives of NRC

1. To ensure availability of essential medicines, micronutrients and Nutritious food in NRC.
2. To ensure availability of appropriate anthropometric and diagnostic equipment for correct diagnosis of SAM and associated complications.
3. To conform to SAM management protocols for case management at NRC
4. To strictly follow the admission and criteria for discharge of the child.
5. To ensure empathetic & courteous behaviour of the staff.
6. To ensure hygiene and cleanliness as per IP & BMW management protocols.
7. To ensure use of Personal Protective Equipments during all procedures.

Prepared by : Department In-charge	Approved by : Name :	Issue Date	Version No. : 1.0
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SOP 7: Nutrition Rehabilitation Center

1. Purpose:

The overall aim of the Program is to improve the nutritional status of children through provision of quality health and nutritional care to children below five years. This in turn will help in timely action at facility, community and household level to prevent and treat malnutrition. The key objectives of facility based management of SAM are:

- To provide clinical management and reduce mortality among children with severe acute malnutrition, particularly among those with medical complications.
- To promote physical and psychosocial growth of children with severe acute malnutrition (SAM)
- To build the capacity of mothers and other care givers in appropriate feeding and caring practices for infants and young children
- To identify the social factors that contributed to the child slipping into severe acute malnutrition.

2. Scope:

NRC provides curative as well as preventive services for both child and mother to combat malnutrition. Counseling is the important component of NRC which is meant to create awareness and promote positive child feeding and caregiving practices among mothers so that ultimately society is benefitted.

3. Structure and Human resource :

Typically an NRC consists is a 10 bed facility consists of a ward, play area and kitchen. Where the quality of care is provided with support of technical and non technical staff.

For 10 bedded NRC sanctioned staff as per GOI protocol is:

1. Medical Officer-1
2. Feeding Demonstrator-1
3. Staff Nurse- 4
4. Cook- 1
5. Care Taker- 1
6. Cleaner – 1

For 6 bedded NRC number of staff nurses is 3

4. Procedure:

Sl. No.	Activity	Responsibility	Reference Document / Record
1.	Admission Criteria (6-59 months)		
	<ul style="list-style-type: none"> • Weight / Length or height or W/L or W/H Z score < - 3SD (WHO-2005 standards) And / Or • MUAC <11.5cm And / Or 	1. Medical Officer 2. Feeding	1. NRC register 2. SAM

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