

EXERCISE-1

Tara is the daughter of Sh. Albert Stephen who is running a small ration shop in Shimla. Tara was born on 22 August, 2012 at PHC.

2. Mary Begum, the mother of Tara registered herself at AWC at 4 months of her pregnancy and availed services such as supplementary nutrition, health check-up facilities from AWC and PHC. However, since she was supporting her husband in running the ration shop, it was not possible for her to attend nutrition and health education sessions conducted at AWC.

3. MCP Card was issued to her. She availed JSY benefits after the child birth.

4. The growth monitoring of Tara was done regularly by the AWW. The weights of Tara from August to October, 2012 was as stated below:

| | |
|--------------------|------------------------|
| 22 August, 2012 | 3.4 Kg. (Birth weight) |
| 24 September, 2012 | 3.8 Kg. |
| 23 October, 2012 | 4.1Kg. |

5. In Second week of November, 2012 at the start of winter, Tara fell sick due to chest infection and lost her weight. Her weight on 21.11.2012 was 4.1 kg. Both Albert and Mary consulted local doctor at PHC as well as the AWC and got appropriate medical consultations as well as counseling on appropriate breastfeeding and Tara gained her weight. AWW weighed Tara on 22 December, 2012 and her weight was 5.3 kg. The weights taken by AWW from November, 2012 to April 2013 are as stated below:

| | |
|------------|--------|
| 21 Nov.-12 | 4.5 kg |
| 22 Dec.,12 | 5.3kg |
| 25 Jan.,13 | 5.9 kg |
| 24 Feb.,13 | 6.3 kg |
| 26 Mar.,13 | 6.7 kg |

24 Apr.,13 7.2 kg

6. In 2nd week of May, 2013 Tara again became the victim of viral infection and did not take her feed properly. Both parents consulted the local PHC and got the appropriate medicines for treatment of the infection. Tara slowly recovered from the infection. AWW visited their home and counseled Mary for appropriate health and nutritional care of Tara. This resulted in regain of weight. On 23 July, 2014, the AWW weighed Tara and her weight was 8 kg. Parents of Tara followed strictly the nutrition and health care advice provided by AWWs and Medical Officer of local PHC. Mary attended all nutrition and health education sessions of AWC and facilitated the growth monitoring of Tara at AWC. Her weight as per her age was quite normal. The weights of Tara from May, 2013 to July, 2014 are as stated below.

| | |
|--------------------|---------|
| 21 May, 2013 | 7.1 kg |
| 22 June, 2013 | 7.2 kg |
| 23 July, 2013 | 8.0 kg |
| 21 August, 2013 | 8.3 kg |
| 24 September, 2013 | 8.5 kg |
| 25 October, 2013 | 8.8 kg |
| 26 November, 2013 | 9.0 kg. |
| 22 December, 2013 | 9.2 kg |
| 23 January, 2014 | 9.4 kg |
| 24 February, 2014 | 9.6 kg |
| 21 March, 2014 | 9.8 kg |
| 22 April, 2014 | 10.0 kg |
| 24 May, 2014 | 10.2 kg |
| 21 June, 2014 | 10.4 kg |
| 23 July, 2014 | 10.6 kg |

7. Prepare the growth chart of Tara. Chalk down the key counselling points to be discussed in the NHE sessions at AWC. Based on Tara's case also specify periods which requires counseling and why?

Answer

Exercise 1

A-Growth Chart of Tara is at Annexure- I

B-Reasons of weight loss of Tara in first 4 months (August – November, 2012)

Tara was born with good birth weight (3.4 Kg) but due to lack of knowledge of good breast feeding skills, baby Tara was not gaining weight as per her age. Some of the other reasons that could have lead to her low weight gain are listed below:

- Since mother of Tara was assisting her husband for running the ration shop, she did not attend any nutrition and health education sessions organized at AWCs during her pregnancy and after child birth & as a result it was not possible for her to interact and receive vital tips & support from AWW on good breastfeeding skills.
- Smt. Begum instead of feeding /emptying breast milk at one time from one breast was feeding Tara from both breast simultaneously since milk was flowing profusely as a result Tara got more foremilk and less hind milk. In this process, she got less fat leading to slow weight gain.
- One of the possibilities is that Smt. Begum might be facing some breastfeeding problems like sore and cracked nipples, engorgement of breasts etc as she was working at shop & must be keeping long intervals between feeds.
- It is also a possibility that her positioning while breastfeeding may be inappropriate and that could also have led to low weight gain.

- Further, Tara had chest infection in Second week of November that also led to weight loss. This chest infection prompted Smt. Begum to consult AWW and further doctor in local PHC. Smt. Begum followed medication as advised by doctor. She also practised advice of AWW on appropriate breast feeding skills. The specific message given by AWW to mother of Tara was:
- “Allow Tara to finish the feed from first breast completely before offering the second one. Do not switch sides while the baby is actively involved in breast feeding. This way both the breast gets equal stimulation for milk production.
- Till 6 months of age, continue breastfeeding even if the child is unwell. Do not give anything other than breast milk.
- Do not give long interval between feeds.
- Sit in a relaxed state of mind while breastfeeding as it is important in making breast feeding a success as anxiety, fear leads to poor milk production and its flow.
- Even if she has to go out to run the ration shop, she can express her breast milk and keep the milk till 8 hours at room temperature and other caregiver at home can feed that milk with katori and spoon as and when child demands.
- Medicines can be given to the child as advised by the Doctor”

Note:

- The AWW must try to find out the reasons of child’s weight loss from mother. Encourage the mother to speak and give counseling as per her requirement.
- Give information and support with regard to correct positioning, attachment and treatment of problems to maintain breastfeeding

- Show/demonstrate manual expression of breast milk if needed.

C-Reasons for weight loss from April – June, 2013

In second week of May, 2013 when Tara was 8 months old she became the victim of fever and infection and did not take her feed properly. Reasons of weight loss could be any one of the following:

- Delay in treatment could have resulted in weight loss.
- Unhygienic environmental and personal hygiene also leads to infections and frequent illnesses.
- Use of low energy dense complementary foods.
- Inadequate feeding of child i.e., frequency and quantity of feeds may be inappropriate
- Specific advise that can be given by AWW is as follows:
 - As the child has fever and infection, feed more of liquid like coconut water, butter milk, home-made juices etc. to the child.
 - During sickness, child generally has loss of appetite and may refuse to eat. Therefore, make the mother understand that feeding during and after illness is important to avoid weight loss and other nutrient deficiencies.
 - Ask mother to continue breastfeeding and complementary feeding during illness.
 - Give small quantities of food but more frequently and by offering foods the child likes to eat. Feed 5-6 times a day along with breastfeeding.
 - Increase the energy density of foods by adding one teaspoon of oil/ghee or sugar.
 - Use separate bowl/plate to feed the child.

- Use active feeding like talking to the child, playing with the child as it stimulates appetite and development.
- Maintain good hygienic standards at home. Make cooking area and utensils clean.
- Ensure usage of safe drinking water.
- Maintain hand washing practices at home. Ask mother to wash her hands before feeding the child. If the child is eating himself, wash his/her hands as well before and after eating.
- The cooked food should be stored for only one or maximum two hours in hot weather unless there is an arrangement of a cold storage device.
- Gender discrimination between girl and boy child should be avoided.

If the AWW observes that at Tara's home, the major cause of infection was unhygienic surrounding. So, keeping this in view, she may organise the next NHE on need and importance of immediate medical consultation in case of illness (paediatric routine) and optimal environment for normal growth of children.

Note:

- AWW can demonstrate preparation of complementary feeds using locally available foods. Counsel on age appropriate feeding and feeding during illness.
- Give options in what all conditions one must wash their hands.
- AWW must encourage mother to avail supplementary nutrition from AWC.