



GROWTH MONITORING AND NUTRITION

Online training orientation



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



Purpose of the training:

01

Understand the importance of growth monitoring in childhood

02

Understand the role of nutrition in growth and development

03

Measure children using the correct technique and equipment

04

Plot and interpret the anthropometric values

05

Counsel and manage at PHC level



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



Overview



4 modules



**Time for
course
completion**

4 hours



**Theoretical
training**

Reinforcement
with practical
application
required



**CPD
application
pending**

Modules

-
1. An introduction to children's growth and the need for growth monitoring

 2. Assessing children's physical growth through anthropometry

 3. Understanding and using growth charts

 4. Responding in a primary care setting to children who are not growing well

An introduction to children's growth and the need for growth monitoring

- An introduction to child growth, growth monitoring and promotion.
- General principles are covered.
- It describes how to conduct growth monitoring in the South African setting using the Road to Health Book and supportive materials available on the [Side-by-Side website](#).

Assessing children's physical growth through anthropometry

A practical look at the various anthropometric measurements that children require routinely, including:

- Weight
- Height/length
- Head circumference
- Mid upper arm circumference

Understanding and using growth charts

- The WHO Growth Standards are the basis of growth charts used
- The module describes the development of the growth charts, how to understand and use Z-scores
- The correct method of plotting measurements is demonstrated

Responding in a primary care setting to children who are not growing well

Guidance on how to appropriately respond to children identified with concerns related to growth, including:

- Overnutrition
- Undernutrition
- Counselling of caregivers
- Appropriate follow up

Optional modules

IMCI modules on:

- Malnutrition
- Feeding

Too much or unnecessary detail for some cadres of child health professional

A quick peek...



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



Thank you!

Questions?