

# Chapter 3: Nutrition and Anaemia



NATIONAL DEPARTMENT OF HEALTH

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AFFORDABLE MEDICINES  
ESSENTIAL MEDICINES PROGRAMME

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PRIMARY HEALTHCARE GUIDELINES  
2020-4 REVIEW CYCLE



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## EVIDENCE

Please access the National Essential Medicines List Committee (NEMLC) report for detailed evidence (including rationale, references and costings) informing decision-making on medicine addition, amendments and deletions:

- Knowledge Hub: <https://knowledgehub.health.gov.za/elibrary/hospital-level-adults-standard-treatment-guidelines-stgs-and-essential-medicines-list-eml>
- NHI webpage: <https://www.health.gov.za/nhi-edp-stgs-eml/>

## DISCLAIMER

This slide set is an implementation tool and should be used alongside the most recently published STG available on the EML Clinical Guide Application. This information does not supersede or replace the STG itself.



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# Uncomplicated Severe Acute Malnutrition (SAM)



## DESCRIPTION

Children with SAM > 6 months and > 4kg having no pitting oedema, presenting as alert with a good appetite, feeding well and having no danger signs or severe classification

## CHANGES

- Referral criteria **ADDED:**
  - Children showing developmental delay to be referred for rehabilitation

## REASON

- Routine-based early intervention may improve development

# Moderate Acute Malnutrition (MAM)



## DESCRIPTION

Children and infants > 6 months who have either a relevant WHZ score, MUAC, no pitting oedema or SAM danger signs, or a good appetite

## CHANGES

- Referral criteria **ADDED:**
  - Children showing developmental delay to be referred for rehabilitation

## REASON

- Routine-based early intervention may improve development



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# Obesity and Overweight



## DESCRIPTION

Abnormal or excessive fat accumulation that may impair health.

## CHANGES

- Referral criteria **AMENDED:**
  - Children should be referred to physiotherapists (and dieticians) where relevant

## REASON

- Dietary interventions combined with physical interventions may decrease BMI



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# Thank you

<https://www.knowledgehub.org.za/content/standard-treatment-guidelines-and-essential-medicines-list>



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