Dissemination Forum
On the Interim Guidelines on OPT, Nutrition Screening and GMP during COVID-19 and Nutrition Service Continuity Online Survey
Prayer

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Dissemination Forum
On the Interim Guidelines on OPT, Nutrition Screening and GMP during COVID-19 and Nutrition Service Continuity Online Survey
Interim Guidelines in the conduct of OPT Plus, Nutrition Screening, GMP activities in the context of COVID-19 Pandemic and other related disasters
DOH-Department Circular 2020-0167 “Continuous Provision of Essential Health Services during the COVID-19 Epidemic.”

Suggest the use of MUAC tapes instead of the weight and length/height measuring tools to adapt to a reduced physical contact approach of health care provider to infant or child.

In the absence of insufficient MUAC tapes...
Global Nutrition Cluster key considerations:

1. Thoroughly disinfect the weight and height/length measuring tools, MUAC tapes and other frequently touched surfaces and objects using diluted household bleach solutions or alcohol solutions (70%) every after use and between measurements.

2. Between measurements refer to DOH-Department Memorandum 2020-015 for the guidelines on cleaning and disinfection in various settings as an IPC measure against COVID-19.
Global Nutrition Cluster key considerations:

3. Ensure physical safe distance between the mothers/caregivers and their children with the members of the OPT Team until their measurements can be taken.

4. Ensure members of OPT Team wear face mask, face shield and gloves when taking measurements. Mothers/caregivers should also wear face masks and face shields.
Global Nutrition Cluster key considerations:

5. Re-consider positioning of measurer when reading the measurements, e.g. read from behind the individual for MUAC measurement to potentially reduce risk of droplet exposure.

6. Members of OPT Team can also consider using this opportunity to teach mothers/caregivers to assess nutritional status of their children using MUAC
Here’s how we use the MUAC
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On the Interim Guidelines on OPT, Nutrition Screening and GMP during COVID-19 and Nutrition Service Continuity Online Survey
Measurement schedule, recording and reporting of OPT Plus, nutrition screening, and growth monitoring
Conducting the OPT Plus

- Conduct of OPT Plus using traditional weight and height measuring tools should be continued as basis to provide interventions to prevent deterioration of nutritional status. This should be completed within the first quarter of the year (January to March).

Use the electronic OPT tool downloadable from the NNC Website [https://www.nnc.gov.ph/?view=article&id=3461](https://www.nnc.gov.ph/?view=article&id=3461) to facilitate recording and reporting.
eOPT Tool for Acute Malnutrition

- If situation does not allow the use of traditional tools, use MUAC to assess nutritional status of children and recorded results in the e-OPT tool for Acute Malnutrition, downloadable from the NNC website: https://www.nnc.gov.ph/optacute.

- The e-OPT Tool for Acute Malnutrition is similar to the structure and method of encoding, consolidation, and auto-generation of reports as the original e-OPT tool.
ANNEX 1 – Decision Tree for Local Government Units on the conduct of Operation Timbang, Nutrition Screening, Growth Monitoring and Promotion Activities in the Context of Pandemic and Other Related Disasters

Is the LGU under Enhanced Community Quarantine (ECQ) or experiencing a disaster/under emergency situation?

YES

Is it possible to conduct OPT/nutrition screening/growth monitoring?
Do mothers or caregivers allow children to be measured (weight and height)?

Activity: nutrition assessment in health facility
Methods: MUAC, identification of bilateral pitting edema
Tools: MUAC tape
Recording: Acute Malnutrition tool
Use PPEs and follow minimum health standards

NO

Prioritize COVID-19/disaster-related response

Is the LGU under Modified Enhanced Community Quarantine (MECQ)?

YES

Is there transportation support to conduct house-to-house nutrition assessment?
Do mothers or caregivers allow children to be measured (weight and height)?

Activity: house-to-house nutrition assessment
Methods: Weight and height measurement (Weight-for-Height; Height-for-Age, Weight-for-age)
Tools: Hanging-type weighing scale, height or length board, identification of bilateral pitting edema
Recording: Regular e-OPT Tool

NO

Conduct nutrition assessment in health facility, if possible or prioritize COVID-19/disaster-related response
Methods: MUAC, identification of bilateral pitting edema
Tools: MUAC tape
Recording: Acute Malnutrition tool
Use PPEs and follow minimum health standards

Is the LGU under General Community Quarantine (GCQ)?

YES

Activity: house-to-house nutrition assessment
Do mothers or caregivers allow children to be measured (weight and height)?

Methods: Weight and height measurement (Weight-for-Height; Height-for-Age, Weight-for-age)
Tools: Hanging-type weighing scale, height or length board, identification of bilateral pitting edema
Tools: MUAC tape
Recording: Acute Malnutrition tool
Use PPEs and follow minimum health standards

NO

Is the LGU under modified general community quarantine (MGCQ)?

Continuation in next page...

*Use only one assessment method for the whole barangay and municipality (either traditional weight and height, or MUAC)
Decision Tree

Is it possible to conduct OPT/ nutrition screening/growth monitoring?
Do mothers or caregivers allow children to be measured (weight and height)?

**YES**

Activity: nutrition assessment in health facility
Methods: MUAC, identification of bilateral pitting edema
Tools: MUAC tape
Recording: Acute Malnutrition tool
Use PPEs and follow minimum health standards

**NO**

Prioritize COVID-19/disaster-related response
Decision Tree

Is the LGU under Modified Enhanced Community Quarantine (MECQ)?

Is there transportation support to conduct house-to-house nutrition assessment?
Do mothers or caregivers allow children to be measured (weight and height)?

Activity: house-to-house nutrition assessment

Methods: Weight and height measurement
          (Weight-for-Height; Height-for-Age, Weight-for-age)
Tools: Hanging-type weighing scale, height or length board,
       identification of bilateral pitting edema
Recording: Regular e-OPT Tool

Conduct nutrition assessment in health facility, if possible or prioritize COVID-19/disaster-related response

Methods: MUAC, identification of bilateral pitting edema
Tools: MUAC tape
Recording: Acute Malnutrition tool
Use PPEs and follow minimum health standards

Is the LGU under General Community Quarantine (GCQ)?

Is the LGU under modified general community quarantine (MGCQ)?

Activity: house-to-house nutrition assessment

Methods: Weight and height measurement
          (Weight-for-Height; Height-for-Age, Weight-for-age)
Tools: Hanging-type weighing scale, height or length board,
       identification of bilateral pitting edema
Recording: Regular e-OPT Tool

Continuation in next page...
...continuation of Annex 1

Is the LGU under modified general community quarantine (MGCQ)?

**NO**

Activity: house-to-house or community-based nutrition assessment with 50% venue capacity or in an open area

Do mothers or caregivers allow children to be measured (weight and height)?

**YES**

Methods: Weight and height measurement (Weight-for-Height; Height-for-Age, Weight-for-age)

Tools: Hanging-type weighing scale, height or length board, identification of bilateral pitting edema

Recording: Regular e-OPT Tool

Use of PPEs and follow minimum health standards

**NO**

Methods: MUAC, identification of bilateral pitting edema,

Tools: MUAC tape

Recording: Acute Malnutrition tool

Use PPEs and follow minimum health standards

**New Normal**

Activity: house-to-house or community-based nutrition assessment in an open area

Methods: Weight and height measurement (Weight-for-Height; Height-for-Age, Weight-for-age)

Tools: Hanging-type weighing scale, height or length board, identification of bilateral pitting edema

Recording: Regular e-OPT Tool

Use of PPEs and follow minimum health standards

*Use only one assessment method for the whole barangay and municipality (either traditional weight and height, or MUAC)*
Continued Growth Monitoring

- Growth monitoring and promotion activities should also be continued and reported:
  - monthly for children under 2 years old and those identified as malnourished based on OPT;
  - quarterly for children 2 to under 5 years old, regardless of nutritional status.

- MUAC of children aged 6 to 23 months with normal nutritional status and no bilateral pitting edema should be measured monthly, and quarterly for 24 to 59 months old.
While undergoing appropriate management, MUAC of children identified with severe acute malnutrition (SAM) or severely wasted shall be measured every 2 weeks, and moderate acute malnutrition (MAM) or moderately wasted without bilateral pitting edema every month until MUAC is greater than 12.5cm for two consecutive measurements.

Monthly reports should be generated at the city/municipal level through the health officer and the nutrition action officer and reported to the local nutrition committee.
Continued Growth Monitoring of the Acutely Malnourished

- Immediately refer children identified as acutely malnourished to the nearest barangay health center/rural health unit for further assessment, and appropriate and timely management.

- Moderately acutely malnourished children should be referred to targeted supplementary feeding programs in child development centers, health/nutrition centers, in schools, or where available.
Promotion Activities

- Relay the measurements of the child and provide feedback and counselling to mothers and caregivers of the children measured. Reinforce good behaviors and respectfully correct any misconceptions or wrong practices.

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### Scenarios at the Local Government Units and Nutrition Screening, Growth Monitoring and Promotion Activities

<table>
<thead>
<tr>
<th>Scenario (based on DOH-DM No. 2020-0237)</th>
<th>Normal Nutritional Status</th>
<th>SAM children</th>
<th>MAM children</th>
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</thead>
<tbody>
<tr>
<td>Scenario 1-2 during Recognition Phase Stage 1 Zero Cases or importation</td>
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<tr>
<td></td>
<td>Weight-for-length</td>
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<tr>
<td></td>
<td>• Weight-for-length for less than 6 months old</td>
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<td></td>
<td>Monthly monitoring</td>
<td>Quarterly monitoring</td>
<td>Monitoring every 2 weeks</td>
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Follow-up through virtual platforms, home visits, and primary health care facilities.
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<tr>
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<th>Nutrition Screening, Growth Monitoring and Promotion Activities</th>
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<tbody>
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<td>Normal Nutritional Status</td>
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<td>6 to 23 months old</td>
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<td>24 to 59 months old</td>
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<td>MAM children</td>
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<td><strong>Scenario 3 Initiation Phase</strong></td>
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<tr>
<td>Stage 2 Localized Transmission</td>
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<tr>
<td>Health and nutrition staff are engaged in COVID-19 response</td>
<td>Weight-for-length</td>
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<td>MUAC Bilateral pitting edema</td>
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<tr>
<td><strong>Scenario 4 During Acceleration Phase</strong></td>
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<td>Stage 3 Community Transmission</td>
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<tr>
<td>All health and nutrition staff and other health office personnel are engaged in COVID-19 response</td>
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<td>• Visits to non-emergency concerns to primary health care facilities are suspended.</td>
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MUAC: Mid Upper Arm Circumference
Download the Interim Guidelines here

https://qrго.page.link/3SgJw
Thank you!

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