Nutrition Assessment and Classification Algorithm (Adults with HIV)

Nutrition assessment

- Measure weight and height (or MUAC if unable to measure height and weight or client is pregnant or lactating)
- Compute BMI
- Record nutrition-related symptoms

Severely malnourished

BMI < 16 kg/m^2
OR
MUAC < 19 cm
OR
Bilateral pitting oedema

→ **If medical complications** (e.g., infection, severe anaemia, dehydration)

- Admit or refer to inpatient care
- Treat or control infections
- Give therapeutic feeding

→ **If no medical complications:**

- Treat as outpatient with RUTF

Moderately or mildly malnourished

BMI ≥ 16–≤ 18.5 kg/m^2
OR
MUAC ≥ 19–< 22 cm

→

- Treat symptoms/infection
- Prevent further weight loss and infections with micronutrient-fortified blended foods
- Give nutrition

Follow up every month.

Not malnourished

BMI > 18.5 kg/m^2
MUAC ≥ 22 cm

→

- Praise good eating behaviours
- Encourage and counsel to continue healthy eating and maintain weight

Follow up every 2 months.

BMI = Body mass index $\frac{\text{weight (kg)}}{\text{height (m)}^2}$

MUAC = Mid-upper arm circumference

ORS = Oral rehydration solution

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