



MAMA's Super Drink

When encountering a severely malnourished person, our instinct tells us to feed them quickly.

Our instinct is WRONG!!!

This is one time when it is important to heed the advice "Start Low and Go Slow".

It is dangerous to re-feed without a time of easing back into normal food intake.

Overly aggressive re-feeding can cause a series of metabolic reactions that can lead to death of the malnourished child or adult.

In the ideal world, all seriously malnourished people would be in a hospital with all of the resources to monitor their recovery. We wish for the day when that will be possible. However, now in many communities, and even in hospitals and nutrition centers we do not always have the ability to do all of the monitoring and titration of the nutrients that the person needs to achieve recovery.

However, when we cannot have access to all of the most advanced training, tests and therapies, we can still learn the basic rules and understand the principles of what a severely malnourished person needs and when.

Even in a community setting, without the benefit of IV therapy, can supply appropriate nourishment in the amounts and in the order that can be extremely helpful.

Please refer to the PowerPoint from Dr. Sunday Pam on the Re-feeding Syndrome, and to the WHO Pocketbook for the Hospital Care of Children- Chapter 7. However, don't feel that if you do not have all of the resources described at your disposal, you cannot help the severely malnourished person, sometimes even in your community.

Formula for Stabilization (~F75):

Water, to make one liter

1/4 cup of sugar, (194calories).

1 MAMA SuperBar- 544 calories / liter

Plus 1.7cc of MAMA's Macro Mineral Blend

Total of 738 calories in 1 liter.

Protein 16.6g/liter

In the initial Stabilization phase, it is important to address low sugar, low temperature, dehydration and infection, in a loving and supportive environment.

Feeding with this kind of formula, or F75 if available should start immediately every 2 hours, and continue day and night. As the child improves over the first 2-7 days, the Formula can be gradually substituted with F100, or the following formula:

Formula for Catch Up (~F100):

2 MAMA SuperBars 1088 calories

Water to make one liter

Protein 33.2g/liter

Refer to the charts to give the appropriate amounts for weight, and be sure to cut to 2/3 in a child with severe oedema Gradually, as the child is becoming stabilized, usually after 2-7 days, give 1/2 of the ~F75 Stabilizing Formula, and 1/ 2 of ~F100 Catch Up formula. As recovery continues, gradually transition to the ~F100 Formula for Catch Up

If you see signs of the re-feeding syndrome (rapid heart rate, shortness of breath), cut the rate in half, and then gradually work back up to the full amount. over the next few days. (See Sunday Pam)

If the person is tolerating the drink increase by about 10 ml at each feeding, and stop increasing if the person doesn't take the entire feed.

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