

Clinical Malnutritional Presentation

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History

See the list below:

Clinical signs and symptoms of protein-energy malnutrition (PEM) include the following:

Poor weight gain

Slowing of linear growth

Behavioral changes - Irritability, apathy, decreased social responsiveness, anxiety, and attention deficits

Clinical signs and symptoms of micronutrient deficiencies: Some of the clinical signs and symptoms of specific micronutrient deficiencies may closely resemble those observed in PEM. Deficiencies of micronutrients, including vitamins, minerals, and trace elements have been well described. The most common and clinically significant deficiencies include the following:

Iron - Fatigue, anemia, decreased cognitive function, headache, glossitis, and nail changes

Iodine - Goiter, developmental delay, and mental retardation

Vitamin D - Poor growth, rickets, and hypocalcemia

Vitamin A - Night blindness, xerophthalmia, poor growth, and hair changes

Folate - Glossitis, anemia (megaloblastic), and neural tube defects (in fetuses of women without folate supplementation)

Zinc - Anemia, dwarfism, hepatosplenomegaly, hyperpigmentation and hypogonadism, acrodermatitis enteropathica, diminished immune response, poor wound healing.

Avoiding malnutrition starts from the baby in mother's womb. A healthy mother likely to give birth to a healthy baby

After birth

Exclusive Breast feeding at least for four months and continue upto 2yrs

Timely complementary feeding from 4 to 6 months

Immunization of children

Feeding during illness

Deworming if necessary.

Proper management of diarrhea and Acute respiratory infections

Macro nutrients like cereals pulse oil, sugar, fish eggs in proper quantity.

Packed iodized salt. Green leafy vegetables

Junk food should be avoided

Iron and folic acid supplement if necessary

ORS and zinc during diarrhea.

Growth monitoring and surveillance

Needs to be done.

These steps in brief avert almost all types of malnutrition.

These steps is helpful for both macro nutrients and micronutrient malnutrition

Infection and malnutrition vicious cycle is the chief cause of malnutrition.