

Report of the
TRAINING COURSE ON THE MANAGEMENT OF SEVERE MALNUTRITION
Feb 2-12th 2004, La Paz, Bolivia
Ana Maria Aguilar

Contents

1. Course Director Summary
2. Planning and administrative arrangements
3. Preparing for clinical practice
4. Training Courses
5. Recommendations

Annexes

- I. Schedule of clinical sessions
- II. Schedule for the course
- III. Course Registrations Forms
- IV. List of participants

1. COURSE DIRECTOR SUMMARY

Training Course on the Management of Severe Malnutrition

Location of course: Hospital del Niño "Dr. Ovidio Aliaga Uria", La Paz

Facilitator Training:

Dates of Facilitator Training: 02/02/04 – 05/02/04

Number of full days: 3 1/2

Number of facilitators trained: 15, including 2 Clinical Instructors*

Course:

Dates of course: 06/02/04 – 12/02/04

Number of full days: 6

Total number of hours worked in course: 50

Number of participants: 24

Clinical sessions:

Number of clinical sessions conducted: 4 each day

Number of hours (per group) devoted to clinical sessions: 9 hours

Modules completed:

<i>Introduction:</i>	All completed
<i>Principles of Care:</i>	All completed
<i>Initial Management:</i>	All completed
<i>Feeding:</i>	All completed
<i>Daily Care:</i>	All completed
<i>Monitoring and Problem Solving:</i>	All completed
<i>Involving Mothers in Care:</i>	All completed

Manual: Did each participant receive a copy of the course and manual to take home? Yes

***Number of facilitators serving at course:** 10 all the time, 2 for 3 days, 1 for 2 days

Ratio of facilitators to participants: 1:2 or 1:3

2. Planning and administrative arrangements

Planning was done in conjunction with local and national authorities. Draft training schedules, sites, dates and names of facilitators and participants were presented to, and approved by, a Technical Committee comprising Heads of Nutrition and Child Health and representatives of the Bolivian Paediatric Society and PAHO Bolivia.

The Children's Hospital of La Paz (Hospital del Niño "Dr. Ovidio Aliaga Uría") was selected because it fulfilled most of the stipulated requirements (i.e. a separate area for severely malnourished children, sufficient case load, compliance with most of the treatment steps and interested staff willing and able to cooperate). The Paediatric Society provided some supplies and equipment before the course. The few discrepancies that existed between current practices at Hospital del Niño and the WHO guidelines were discussed with the Clinical Instructor, Dr Nelson Ramirez, who stated his readiness to support the WHO guidelines. Dr Ramirez is a paediatric gastroenterologist with responsibility for clinical paediatric care and for teaching paediatric residents and medical students. Because of the demanding work of the clinical sessions, a second Clinical Instructor (Dr Cecilia Pabón) was enrolled.

2.1 Initial planning

The Modules and other materials were translated into Spanish by Dr Andres Bartos. Photocopies were made in sufficient numbers for facilitators and participants. Local printers produced coloured covers, and videos and photographs were sent from WHO Geneva. To ensure full participation of facilitators and participants, permission for their involvement was obtained from their respective institutions. Invitations were sent from the Regional Health Authority giving details and dates of the course and commitments required from the team after the training. Also during this initial planning, it was explained to facilitators that translation would be provided during their training as the main trainer is a native English speaker. Facilitators were selected from among paediatricians, nurses and nutritionists of the Children's Hospital and national and local staff currently in charge of nutrition and child health related programs.

2.2 Later planning

One large room was prepared for the Facilitators' training, and four smaller rooms for the Participants' course. Four OHP and 2 TV sets were obtained. The working day was from 08.30-16.30 and two meals/day were served.

Administrative work and support was provided by Dr Cabrera, a young physician who arranged the rooms, collated the Modules, photocopied extra CCPs, and organised supplies, certificates and other important activities.

3. Preparing for clinical practice

There were sufficient facilitators to lead 5 groups but, as it is not possible to accommodate 5 sets of clinical sessions per day, the participants were divided into 4 groups and the 2h sessions were slightly shortened. Annex I gives the schedule for the clinical sessions.

4. Training Courses

4.1 Facilitator Training

The training of facilitators was done in three days and a half (Feb 2-5th). The direction was shared as follows:

Facilitator day 1.

1 Opening session (30min)

A. Introductions	Dr. Ashworth Hill
B. Admin tasks	Dr. Aguilar
C. Review of purpose	Dr. Aguilar

2. Introduction to facilitator training (45min)

A. Context	Dr. Aguilar
B. Materials	Dr. Ashworth Hill
C. Objectives	Dr. Ashworth Hill
D. Teaching methods	Dr. Aguilar
E. Schedule	Dr. Aguilar
F. Introduction to <i>Facilitator Guide</i>	Dr. Aguilar

3. Module Introduction

A. Review	Dr. Ashworth Hill
B. Facilitator techniques	Dr. Aguilar

4. Module *Principles of Care* (4 h)

A. Facilitator techniques: Introducing a module	Dr. Ashworth Hill
B. Reading and work	Dr. Ashworth Hill
C. Facilitator techniques: leading a discussion	Dr. Ashworth Hill
D. Reading and work	Dr. Ashworth Hill
E. Facilitator techniques: Adapting for nurses	Dr. Aguilar
F. Facilitator techniques: Individual feedback	Dr. Ashworth Hill
G. Practice leading discussion	Dr. Aguilar
H. Facilitator techniques: oral drills	Dr. Aguilar
I. Reading and short exercises	Dr. Aguilar
J. Facilitator techniques: video	Dr. Ashworth Hill
K. Facilitator techniques: Summarising module	Dr. Ashworth Hill

5. Module *Initial management* (1.5 h)

A. Reading and practice introducing module Dr. Ashworth Hill

B. Facilitator techniques:

Conducting a demonstration

Dr. Ashworth Hill

6. Assignments for next day

Dr. Aguilar

Facilitator day 2

1. Module *Initial management contd* (3 h)

A. Practice (assignments from last pm)

Dr. Aguilar

B. Facilitator techniques: Role plays

Dr. Ashworth Hill

2. Module *Feeding* (4 h)

A. Introduction, Exercise A and feed prep.

Dr. Ashworth Hill

B. Facilitator techniques: whilst working

Dr. Aguilar

C. Exercise B; practice

Dr. Aguilar

D. Practice

Dr. Aguilar

3. Assignments for next day

Dr. Aguilar

Facilitator day 3

1. Module *Daily Care* (1.5 h)

A. Introduction

Dr. Ashworth Hill

B. Practice

Dr. Aguilar

2. Module *Monitoring and problem solving* (3.5 h)

A. Introduction

Dr. Ashworth Hill

B. Practice

Dr. Ashworth Hill

3. Assignments for next day

Dr. Aguilar

Facilitator day 4

1. Module *Involving mothers in care* (2 h)

A. Introduction

Dr. Ashworth Hill

B. Practice

Dr. Aguilar

C. Review

Dr. Aguilar

2. Practical arrangements

Dr. Aguilar

3. Closing remarks

Dr. Ashworth Hill

Comments re Facilitator training

This was very well received and much enjoyed. We greatly benefited from Professor Ashworth Hill's expertise in conducting this course and her profound knowledge of each step of the program. Facilitators noted that despite the difference in language, communication was always fluid. The number of days allocated was almost exactly right to accomplish all the tasks and learn the methodologies needed for the Training Course.

4.2 Participants' Training

The Course was held at the Children's Hospital "Dr. Ovidio Aliaga Uria" over 6 working days from Feb 6th to 12th, 2004. The groups were composed of multidisciplinary teams from the Hospital Boliviano Holandes, Hospital de Coroico, Hospital del Niño and the health network of Cotahuma. Among them were paediatricians, nutritionists, nurses and social workers. They were divided in four groups of six and seven participants, with two or three facilitators. Hospital teams were kept together within the same group, which worked well even though they tended to work at different speeds. Some allowance was made e.g. for auxiliary nurses, whose future responsibilities would not require a full knowledge of SD scores, whilst making every effort to see that initial management, daily care, feeding, and monitoring were well understood.

Activities proceeded as planned and at the end of each day, facilitators reported to the Director and received feedback. No major problems were reported. Small issues included a) rooms with too much light impeding visualization of the OHP, b) larger font/spaces for writing on the CCP would be helpful, c) video recorder was not always easy to use. Meal times had to be adjusted according to the groups' schedules. Despite a transport strike on Days 4 and 5, all participants and facilitators agreed to continue and all arrived within half an hour of the start time even though some walked long distances.

The Clinical Instructors found that four groups were exhausting, as did the patients and their mothers.

The closing ceremony was informal and the National Head of Nutrition and the President of the Paediatric Society gave short speeches.

5. Recommendations

- Bolivia now has 14 facilitators and Peru has 1 facilitator with experience in delivering the WHO Training Course on Treatment of Severe Malnutrition. They form a critical mass who are committed and competent to deliver this training to other hospital teams in Bolivia and in the Region, and there is evidence of a need and a demand for such training, for example from Paraguay, Peru, Guatemala and Venezuela. Further courses are therefore recommended, utilising these facilitators.
- The hospital teams that were trained this month would like to remain in regular contact and receive help if needed. A mechanism for ongoing support is recommended, for example from the facilitators based in La Paz.
- Four groups proved tiring for the Clinical Instructors and we would only recommend four groups in future if there are at least a) two Clinical Instructors and b) eight or more malnourished children on the ward.
- We consider that in Bolivia, training hospital staff together as a team is important. Facilitators coped adequately despite the fact that multidisciplinary participants worked at very different speeds. Since the ratio of participants: facilitator was never more than 3:1, individual help

could be given when needed. We recommend that this ratio be not exceeded if it is anticipated that groups will work at very different speeds.

- Hospital del Niño has demonstrated that it can host this training course. Staff have already implemented most of the WHO treatment guidelines and are committed to implementing them fully. Hospital del Niño is thus well placed to be the Regional Training Centre for this course.
- Two facilitators speak Portuguese fluently and at least two speak fluent French. It is recommended that their help be enlisted if there are future courses in Brazil, Haiti or francophone Africa.

Annexes

Annex I: Schedule of the clinical sessions

Clinical session	Group A	Group B	Group C	Group D
Day 1 Clinical session Video (1)	9:30 – 10:00 14:30	10:15 – 10:45 15:00	11:00 – 11:30 15:30	11:45 – 12:15 16:00
Day 2 Clinical session ReSoMal	8:30 – 10:00 14:30	11:00 – 12:30 10:30	13:00 – 14:30 11:30	15:00 – 16:30 12:30
Day 3 Clinical session F 75/ F100 Video (2)	15:00 – 16:30 12:00 10:30	8:30 – 10:00 13:15 12:00	11:00 – 12:30 14:30 12:45	13:00 – 14:30 15:45 11:00
Day 4 Clinical session	13:00 – 14:30	15:00 – 16:30	8:30 – 10:00	11:00 – 12:30
Day 5 Clinical session	11:00 – 12:30	13:00 – 14:30	15:00 – 16:30	8:30 – 10:00
Day 6 Clinical session Video (3) Video (4)	8:30 – 10:00 14:00 15:00	11:00 – 12:30 14:00 15:00	13:00 – 14:30 10:30 11:30	15:00 – 16:30 10:30 11:30

Annex II: course schedule

	ACTIVITY	TIME
DAY 1	Registration	½ hour.
	Opening ceremony	1 hour
	Module 1: <i>Introduction</i>	½ hour
	Module 2: <i>Principles of Care</i> Video: Transformations	4 hours
	Clinical session: Ward visit	1 hour
	DAY 2	Module 3: <i>Initial Management</i> (up to Exercise 3)
Clinical session: Clinical signs		1½ hours
DAY 3	Module 3: Finalize <i>Initial Management</i> Video: Emergency treatments	2½ hours
	Module 4: <i>Feeding</i> (up to Exercise B)	3 hours
	Clinical Session: Initial Treatment	1½ hours
DAY 4	Module 4: Finalize <i>Feeding</i>	4 hours
	Module 5: <i>Daily Care</i> (up to Exercise A)	1 hour
	Clinical Session: Initial Treatment and Feeding	2 hours
DAY 5	Module 5: Finalize <i>Daily Care</i>	3 hours

	Module 6: <i>Monitoring and Problem Solving</i> (up to Exercise B)	2½ hours
	Clinical Session: Feeding	1½ hours
DAY 6	Module 6: Finalize <i>Monitoring and Problem Solving</i>	2 hours
	Module 7: <i>Involving Mothers in Care</i>	3 hours
	Clinical Session: Daily Care	1½ hours
	Closure	½ hour

Annexes

Annex III: Facilitators registration form

Name	Mailing address	Name and place of the work place	Has your hospital a ward where to treat the severely undernourished? If not where are they treated?	Current assignment or title?	Training	Year of completion of academic studies.
Dr. Andrés E. Bartos Mirlos	Av. Patiño 1176 – Calacoto, La Paz-Bolivia	Hospital Mateno Infantil CNS La Paz	There are semi-private rooms in Paediatrics for these patients.	Paediatrician/Neonatologist. Head of Neonatology	General paediatrics, neonatology	1972
Dr. Héctor Mejía Salas		Hospital del Niño La Paz-Bolivia	Yes.	Emergency Paediatrician, Epidemiology Consultant, National Department of Nutrition	Paediatrics Master's degree in Clinical Epidemiology	1989
Lic. Susana Rodríguez Quevedo	Av. Buch 1370 La Paz-Bolivia	Hospital del Niño, La Paz- Bolivia	Yes, it's the Metabolism Unit.	Clinical Nutritionist/Dietician	Specialization in Clinical Nutrition 2001-2002	1996
Dr. Nelson Enrique Ramírez Rodríguez	Av. Arce 2105 Ed. Venus 6B Casilla 10774 La Paz Bolivia	Hospital del Niño La Paz – Bolivia	Yes we do.	Department Head, Paediatrician/ Gastroenterologist	Master's degree from the International University of Andalusia, Spain. Federal University of Bahia, Brazil	1989
Lic. Braulio Tola Espejo		Hospital del Niño La Paz – Bolivia	The Hospital has a Gastroenterology Department.	Trained Nurse specializing in paediatrics and management of health care services	Specialization for paediatrics nurses, Management of health care services	1994

Name	Mailing address	Name and place of the work place	Has your hospital a ward where to treat the severely undernourished? If not where are they treated?	Current assignment or title?	Training	Year of completion of academic studies.
Dr. Gerardo Weisstaub	Macul 55478 A sto 32 (Part) Macul 5540 (Oficina)	INTA – Universidad de Chile	I work for the Children's Hospital.	Associate Researcher	Hospital (3rd level) 10 years in Paediatrics Head Physician, Nutrition Unit (4 years)	1990
Dra Viviana Salazar	C/4 #100, Los Pinos La Paz – Bolivia	Reforma de Salud	Gastroenterology Unit	Child Health Consultant	Paediatrician for 3 years	2000
Dra María Cecilia Pabón Vega	Prolongación Mariano Armanza #2010 (Sopocachi)	Hospital del Niño La Paz – Bolivia	Yes, we do.	Paediatrician/ Gastroenterologist Children's Hospital	Paediatrician at the Children's Hospital, La Paz, Bolivia Paediatrician/Gastroenterologist, Federal University of Minas Gerais	1998
Dr. Ricardo Bado Pérez	Salvador Dalí 109, Dpto 501 San Borja, Lima – Perú	Centro de Salud Ocongate (Ministerio de Salud) Cusco-Perú	No, they are currently referred to the Cusco Regional Hospital.	Ocongate micro network Administrator	Surgeon, Autonomous University of Guadalajara 1997 Ag. Lecturer, Public Nutrition, La Molina National University (2001)	1997
Dr Rosa Tapia Lozano	B. Gráfico Av. Costanera #852 La Paz-Bolivia	Hospital del Niño La Paz – Bolivia	Yes.	Emergency Room Physician	Paediatrician	1980
Dra. Jeannette Estrada Belmonte	Casilla 10920 La Paz C/ Hector Ormachea #4770 Bloque 2 Dept 1B	Servicio Departamental de Salud La Paz	The Department of La Paz has a unit to treat severe malnutrition at the Children's Hospital	Head, Comprehensive Child Care	On-the-job training, via IMCI training as a Department IMCI Neonatal and Community Facilitator	1983 Medicina 1991 Odontología

Name	Mailing address	Name and place of the work place	Has your hospital a ward where to treat the severely undernourished? If not where are they treated?	Current assignment or title?	Training	Year of completion of academic studies.
Dra. Magdalena Araya	INTA Universidad de Chile Macul 5540, Santiago 11 Chile	INTA. U de Chile Santiago		Lecturer in Paediatrics, INTA, University of Chile	Physician	1970
Lic. María del Carmen Peña y Lillo Sillerito		SEDES La Paz		Department Head, Nutrition	Master's degree in Public Health, Specialist in Health Education Diploma in Tertiary Education	1988

Annex IV: Participants registration form

Name	Mailing address	Name and place of work	Does your hospital have a ward to treat severely undernourished patients? If not, where are they treated?	Current post or title	Previous training in medicine or nursing? (Either university or on the job training)	When did you complete your studies in medicine or nursing?
1. Lic. María del Rosario Bernal	2235831 71538633	Hospital del Niño La Paz	Yes, it does.	Trained Nurse Level 2	Degree in Nursing, University of San Francisco Xavier	1992
2. Dra. Deisy Bocángel Jerez	70612907	Hospital de Niño La Paz	Yes, it does.	Paediatrician (Child Nephrology), I work in the ICU	Medicine, Paediatrics, UMSA	1982
3. Lic. Enriqueta Patzi Parra	C/Illampun #407, Zona Belen	Hospital del Niño La Paz	Yes.	Social Worker	Postgraduate diploma in Management of Health Care Services and Community Health	1987
4. Lic. Ana María Arancibia Graeda	C/ Juan Manuel Cáceres # 1922, Alto Sopocachi	Hospital del Niño La Paz	Yes, a Gastroenterology Department.	Nutritionist on the regular staff, night shift		1985
5. Lic. Silvia Andrade Chávez	Tel 2238433	Hospital del Niño La Paz	No, patients are currently being treated in the Gastro Unit, but special facilities are being built for them.	Nutritionist/Dietician Head, Nutrition Unit		1986

Name	Mailing address	Name and place of work	Does your hospital have a ward to treat severely undernourished patients? If not, where are they treated?	Current post or title	Previous training in medicine or nursing? (Either university or on the job training)	When did you complete your studies in medicine or nursing?
6. Lic. Ana María Hurtado Bolívar	C/ Chuquisaca #276 –278, San Sebastián La Paz	Hospital del Niño La Paz	No, in the Gastroenterology Unit.	Trained Nurse	Breastfeeding	1989
7. Aux. Mónica Mattos Guerrero	Coroico	Hospital General Universitario de los Yungas	No, in the Paediatrics Unit.	Nurse's Aid	Nurse's aid	1997
8. Dr. José Luis Delgadillo Aguilar	Coroico	Hospital General Universitario de los Yungas	No, in the Paediatrics Unit.	Paediatrician, Hospital Director	Paediatrics	1995
9. Lic. Nelly Lucy Licona Catari	C/ Rene Vargas # 3060 Alto Ballivian	Hospital del Niño La Paz	In the Gastroenterology Unit.	Trained Nurse, regular staff	University training (UMSA)	1996
10. Lic. Marlene del Carmen Azurduy Camacho	Viviendas Médicas Coroico	Hospital General Universitario de los Yungas	No, they are treated in the Paediatrics Unit.	Nutritionist/Dietician	Nutritionist/Dietician	1994
11. Dr. Jhonny Bladimir Morales Soliz		Hospital Municipal Boliviano Holandés El Alto	No, we refer them to other facilities.	Paediatrician	Paediatrics	1991
12. Lic. Hna Basilia Altamirano Maraz		Hospital General Universitario de los Yungas	No.	Trained Nurse	University training	1992
13. Lic. Bertha Medrano de Torrez		Red de Salud N ^a 1 Sur-Oeste	No, they are treated at the Children's Hospital.	Nutritionist	Degree in Nutrition and Diet Postgraduate diploma in Community Nutrition	1984

Name	Mailing address	Name and place of work	Does your hospital have a ward to treat severely undernourished patients? If not, where are they treated?	Current post or title	Previous training in medicine or nursing? (Either university or on the job training)	When did you complete your studies in medicine or nursing?
14. Lic. Patricia Angélica Vargas Castillo		Hospital Municipal Boliviano Holandés El Alto	No, they are referred to the Children's Hospital.	Nutritionist/Dietician Postgraduate diploma in Clinical and Community Nutrition	Nutritionist/Dietician	1991
15. Dra. Silvia Vásquez Rivera		Hospital del Niño La Paz	There is the Gastroenterology Unit.	Emergency Paediatrician	IMCI Clinical and Neonatal Facilitator. Facilitator, Neonatal Resuscitation	1993
16. Lic. Dolly Iturry Marin		Red de Salud N ^a 1 Cotahuma 1er Nivel	No.	Social Worker	Currently doing a Master's degree in Human Resource Management	1998
17. Vicenta Moroco Lequipe		Centro de Salud Maternidad Tembladerani	No, they are referred to the Children's Hospital.	Trained Nurse	Epidemiological Surveillance, Sexual and Reproductive Health, Single National Health System. TB, IMCI Community Nurse	1994
18. Dra. Indira Wara Alparó Herrera		Hospital del Niño La Paz	Yes.		Medicine-Paediatrics	1997
19. Dr. Jorge L. Fernández Gasson		Hospital Municipal Boliviano Holandés EL Alto	No, they are referred to the Children's Hospital.	Paediatrician, regular staff	None.	1986

Name	Mailing address	Name and place of work	Does your hospital have a ward to treat severely undernourished patients? If not, where are they treated?	Current post or title	Previous training in medicine or nursing? (Either university or on the job training)	When did you complete your studies in medicine or nursing?
20. Lic. A. Cristina Flores Calle	Ciudad Satélite c/ Diego de Peralta	Hospital Municipal Boliviano Holandés El Alto	No, they are referred to the Children's Hospital.	Trained Nurse	University training.	1998-2000
21. Lic. Gaby Cárdenas Fernandez		Hospital Municipal Boliviano Holandes La Paz	No, they are referred to the 3 rd level centre at the Children's Hospital.	Nutritionist/Dietician		1992
22. Aux. Rosa Yola Mendoza Madani		Hospital Municipal Boliviano Holandés El Alto	The HMBH does not have the capacity; they are referred to the Children's Hospital.	Nurse's aid	None.	1999
23. Dilma Amusquibar Ibarra		Unidad de Servicios de Salud El Alto - USSEA		Head of Nutrition		1995
24. Dra. Cristina Gemio Soto		Hospital Municipal Boliviano Holandés El Alto	No, they are referred to the 3 rd level (Children's Hospital).	Duty paediatrician	University and postgraduate training in Paediatrics.	1983

COURSE DIRECTOR SUMMARY

Training Course on the Management of Severe Malnutrition

Location of course: Hospital del Niño ‘Dr. Ovidio Aliaga Uria’

Facilitator Training:

Dates of Facilitator Training: 02/02/04 – 05/02/04

Number of full days: 3 1/2

Number of facilitators trained: 15*

Course:

Dates of course: 06/02/04 – 12/02/04

Number of full days: 6

Total number of hours worked in course: 50

Number of participants: 24

Clinical sessions:

Number of clinical sessions conducted: 4 each day

Number of hours (per group) devoted to clinical sessions: 9 hours

Modules completed: (Tick if all completed, or indicate number of participants who completed.)

Introduction: All completed

Principles of Care: All completed

Initial Management: All completed

Feeding: All completed

Daily Care: All completed

Monitoring and Problem Solving: All completed

Involving Mothers in Care: All completed

Manual: Did each participant receive a copy of the course and manual to take home?

Yes

***Number of facilitators serving at course: 10 all the time**

2 stayed 3 days

1 stayed 2 days

Ratio of facilitators to participants: 1 to 2 or 1 to 3

Course Director Comments and Observations *(On the reverse side, please comment on administrative issues, staff attitude and supplies at hospital, problems and how you solved them, constructive suggestions for future courses, etc.)*

