

Title: Ensuring Proper Nutrition: A Success Story from Jawzjan TSFP

Transforming Bahrullah's Health Through Effective Nutritional Support and Awareness

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Bahrullah, a young child suffering from **moderate acute malnutrition (MAM)**, was referred to the **Shakarak Health Center** by Community Health Workers. Upon assessment by the nutrition assistant, his **mid-upper arm circumference (MUAC) was 12.1 cm**, and his **weight was 6.4 kg**, qualifying him for enrollment in the **Targeted Supplementary Feeding Program (TSFP)**.

During a follow-up visit, it was observed that Bahrullah had not made significant progress in weight gain. A medical examination was conducted by the **head of the health center**, but no underlying health complications were found. To support his recovery, he was provided with **15 packets of Ready-to-Use Supplementary Food (RUSF)** and discharged with follow-up arrangements.

Further assessment revealed that Bahrullah's mother had been **sharing his nutritional rations with her other, healthy children**, unintentionally affecting his recovery. Understanding the importance of education in ensuring proper nutritional intervention, the health workers **counseled the mother** on the critical role of RUSF in treating malnutrition and the potential harm of ration-sharing. The mother **acknowledged the guidance** and committed to administering the nutritional supplements correctly.

With consistent monitoring and proper dietary intake, Bahrullah's health improved steadily. Over **two follow-up visits**, he showed **healthy weight gain**, and his MUAC increased to **12.6 cm**. Having successfully met the recovery criteria, Bahrullah was **discharged from the program**, marking a significant success in community-based nutrition interventions.

This case highlights the **importance of continuous follow-up, community engagement, and targeted health education** in ensuring the **effective treatment of malnutrition** and fostering sustainable health improvements among vulnerable children.