



Outpatient Therapeutic Programme, Baliet, Upper Nile State *Responding to Severe Acute Malnutrition in the Sobat*

“When I gave birth after three months my baby had diarrhoea. He then had a fever and a cough too” states Awal Malou of Baliet, Upper Nile State. Realising her youngest child, Nyakim Put Kiin was ill Awal took him to the GOAL supported Primary Health Care Centre near Baliet market where he was immediately diagnosed with Severe Acute Malnutrition (SAM) and admitted to the newly opened Outpatient Therapeutic Programme (OTP) for treatment.

“Sometimes the mothers don’t realise that their baby is malnourished” explains Dak Thon Malual who runs both the OTP and the Growth Monitoring programme in Baliet, “They just think it is sick and don’t know it is to do with their food. When they come we see they are malnourished and treat them with Plumpy’nut and monitor their growth. We explain to the carer about having a good diet to prevent illness.”



Dak tends to his patients at the busy OTP

Complementing GOAL’s other nutritional services in Upper Nile State which focus on growth monitoring and community messaging, the OTP at Baliet was opened in July, 2009 with generous support from (DfID/BSF / UNICEF). In conjunction with GOAL’s partners in UNS, the Ministry of Health, the centre was established in response to the critical humanitarian need to respond to the unacceptable rates of SAM in the area which the 2009 GOAL Multi Indicator Cluster Survey gauged to be at 3.4%, in addition to a Global Acute Malnutrition rate of 21.2%.



Nyakin breastfeeds having made a full recovery

In the space of six weeks this centre had admitted almost 30 severely malnourished children, all of whom are recovering well or have made a full recovery. Despite the successes to date, there is much more to be achieved as Dak elaborates, “Much more is needed here. We need more staff so we can grow the service and conduct outreaches. There is too much work here for one person, and we need to spread information about our services.”

Nyakim was admitted in July at a weight of 6.1kg and with a Mid-upper Arm Circumference (MUAC) of 115mm. Within a few weeks the infant had reached 7.2kg and had a MUAC of 130mm. “GOAL assisted with drugs and Plumpy’nut,” explains Awal, “Nyakim has improved from Plumpy’nut and there is no fever and no diarrhoea now.’

“I am very happy with the treatment received in the clinic, the community is very happy.”



Awal and Dak at Baliet clinic