

An appraisal on the operating nutritional rehabilitation centres (NRCs) in Telangana state

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The present study evaluated the performance of Nutrition Rehabilitation Centers (NRCs) in Telangana State. The information was collected from 12 NRCs in Telangana State decisively by using a structured questionnaire. The study has proposed for a proper and rigorous follow up mechanism to be developed by the Health and ICDS departments. The mechanism of counseling should be strengthened at the NRCs so that mothers will take care of their children and approach for a follow up. A checklist should be prepared for counseling at NRCs. In the absence of the counselor, nursing staff should counsel the mother or some reading material in Telugu should be placed in the counseling area to facilitate better. The cases must be followed up properly. It is suggested to strengthen convergence between health and ICDS departments while discharging the severe acute malnutrition (SAM) child and their follow up. All the follow ups should be recorded and analyzed thoroughly for a better action in future.

Key Words : Nutrition rehabilitation center, Counseling, Severe acute malnutrition (SAM), Health and ICDS departments, Follow-ups

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