

Procedures for Nutrition Station

1. Give Charla
 2. Review each person's malnutrition status and Hb/Iron status on medical history form
 3. Give medications as follows:
 - A. Meet malnutrition guidelines: give 3 month supply of multivitamins. See below if they are also anemic and/or iron deficient
 - B. Anemia Treatment: If Hemoglobin below:

under age 12 years:	11 gms
Women age 12 and over:	12 gms
Men age 14 and over	13 gms
1. Anemia in children under 5 most likely iron deficient. Treat with
 - a) Ferrous Sulfate liquid: Under 1 yr: 1ml daily X3 mos (2 bottle)
1-4 years : 2ml daily X3 mos (3 bottles)
 - b) Multivitamin chewable X3 mos
 2. Anemia in children age 5-12 probably due to parasites/vitamin deficiency:
 - a) Multivitamin tablet 1 daily X3 mos
 3. Anemia in women of child bearing age likely iron deficient. Treat with
 - a) Ferrous Sulfate: 2 tablets daily for 3 mos (180 tabs)
 - b) Prenatal Vitamin tablet X3 mos
 4. Anemia in Men & Adults over age 45 is not likely iron deficient.
 - a) All need MD consult and evaluation for blood in stool and urine protein
 - b) Senior or prenatal Multivitamin with B-12 and folic acid X3 months (90 tablets)
 5. All people with anemia need to follow-up Hb in 1 month & local clinic F/U
- E. Pregnant Women: 3month supply of prenatal vitamins (90 tablets)
 - F. Women planning to become pregnant within next year: Folic acid 800 mcg tablet, 2 tablets per week (50 tablets)

Supplies Needed: Charla material

Multivitamin: chewable, regular adult, prenatal, senior
Ferrous Sulfate: liquid and tablet
Folic Acid tablets; B-12 tablets