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### Health Facilities Assessment and Implementation of Facility Based Nutrition Services in Punjab

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ABSTRACT: Government of the Punjab provide nutrition services through primary, secondary and tertiary health care facilities across Punjab. But many gaps persist, that reduce the services delivery and timely management of cases, which results in high rate of nutrition maladies. For its appraisal, a rapid assessment of nutrition services centres was conducted, which gauged either these facilities are equipped with standard operating procedures, from identification, treatment and follow up of the patient to service delivery. A rapid assessment tool was developed to measure functionality of these service centres during October-November 2016. The data analysis for the Outpatient Therapeutic Centres (OTP) showed that out of the total number of health facilities samples 73 percent of the centres are fully functional, 24 percent were found to be semi-functional at the time of data collection, largely due to nonavailability of equipment and supplies, while 3 percent of the centres were found to be nonfunctional. Of the 20 Stabilization Centres (SCs) surveyed, one was found to be only semifunctional due to the newly recruited staff, not having received the relevant training details mentioned in the Punjab Nutrition Plan. The SC also did not have available provisions of therapeutic food required to cure malnourished children. The other 19 SCs were reported as fully functional, but it was found that there was weak coordination between some the SC and the Provincial Program Implementation Unit of the program, as they were not sharing their monthly report using the standard reporting format. In order to make nutrition services more functional and effective, proper planning, timely available of medicine, record keeping and follow up are essential components to maintain the integrity of the program.

Keywords: Stabilization Centre, Out-patient Therapeutic Centre, Malnutrition, CMAM

### **INTRODUCTION**

### n developing countries malnutrition

remains a major public health issue, that cause more than 50% deaths amounted 10-11 million children under 5 years, which can be prevented (Black et al. 2003; Caulfield et al. 2002; Rice et al. 2000; Pelletier and Frongillo 2003). Worldwide, stunted children are 165 million and 3.1 million deaths occurred due to under nutrition in children less than 5 years (Bhutta et al. 2013). An estimated by UNICEF (2013) about 20 million children under 5 years age are Severe acute malnutrition (SAM) globally; whereas in Pakistan every 4<sup>th</sup> children is SAM which is about 1 million children. Due to highly burden of disease, intensity and frequency of economic uncertainties and natural disasters a high increase in numbers of patient occurred. According to the UNICEF (2011), data of Flood Affected Nutrition Survey (Sabih et al., 2010) the prevalence of Severe Acute Malnutrition (SAM) occurred in 3.5 percent of all children under five years old in the flood affected districts in south Punjab and 20% population of the district is affected (WFP, 2010). National Nutrition Survey (NNS, 2011) results confirmed that contrary to Punjab's status despite the primary food producing region in Pakistan and the most prosperous province, malnutrition rates were alarmingly high. Among children under 5, stunting or chronic malnutrition increased from 38% in 2001 NNS to 39% in 2011, wasting or acute malnutrition increased from 13% in 2001 to 14% in 2011; while underweight increased from 29% in 2001 to 30% in 2011.

Collins *et al.* (2004) reported that SAM has been ignored since long in the child survival programs, which requires intensive resource and skilled and motivated staff, in developing countries SAM is common and limited availability of inpatient capacity undermine the treatment and case fatality rates are 20-30 % along with minimum coverage under 10%.

The Community Based Management Acute Malnutrition of (CMAM) approach enables community health workers to identify and initiate treatment for children with acute malnutrition before they become seriously ill (Myatt et al. 2005). Caregivers provide treatment for the majority of children with severe acute malnutrition in the home using Ready-to-Use-Therapeutic Foods (RUTF) and routine medical care. When necessary, severely malnourished children who have medical complications or lack an appetite are referred to in-patient facilities for more intensive treatment by (Bandawe and Kabwazi 2003). CMAM program was designed to reduce the incidence of malnutrition and improve public health and food security in a sustainable manner (Sphere, 2003).

In response toward the eradication of malnutrition the Department of Health (DoH) developed the approved PC-1 for Integrated Reproductive, Maternal, Newborn, Child Health and Nutrition Program (IRMNCH & NP) (GoPb, 2013). The emergency response started in October 2010, is continued by adopting a modified CMAM programme approach in the IRMNCH &NP.





### Fig. 1: Depict the areas where the therapeutic services provided by OTPs and SCs fit within the structure for the Punjab Nutrition Program.

To access the coverage, challenges and opportunities for the management of children malnutrition in Punjab, a rapid assessment was conducted to gauge the situation and draw an attention on this grieve health threatening issue.

### **MATERIALS AND METHODS**

The DoH has reported 20 SCs and 217 OTP centers as established and

functional in 16 priority districts till Oct. 2014. These districts were chosen to give preference to their reported wasting and stunting rates. The list of functional centers is shown in table 1, indicating numbers of SCs and OTPs in each district. The assessment was done during the period of Oct-Nov 2014, and covered all SCs and15% sample of OTPs sites as mention in Table 1;

Sr.	Name of District	No of	15% of OTP sites	No of	Total No. of Sites to be checked
INO	District	UIPS		SUS	in one district
1	D.G.Khan	18	3	1	4
2	RajanPur	35	5	1	6
3	Layyah	24	4	1	5
4	Muzaffargarh	28	4	3	7
5	Bhakar	17	3	1	4
6	Mianwali	17	3	1	4
7	R.Y.Khan	11	2	1	3
8	Bahawalpur	22	3	1	4
9	Bahawal Nagar	29	4	0	4
10	Narowal	16	2	0	2
11	Lahore	0	0	3	3
12	Multan	0	0	2	2

13	Gujrat	0	0	1	1
14	Gujranwala	0	0	1	1
15	Sargodha	0	0	1	1
16	Faisalabad	0	0	1	1
Total		217	33	19	52

Assessment criteria for OTPs was based on 3 parameters while for SCs it was on 4 parameters, which were considered to assess the status of overall functionality, that included staffing, equipment and supplies, data records and reports and in addition to these 3 parameters, forth parameter for SC was space availability (Sphere, 2004), (Myatt et al. 2005), (WHO, 2006).

Table 2: Criteria for staffing parameter								
Facility		Staff Notified	Staff Trained	Status of				
In charge				Functionality				
aware								
Yes		Yes	Yes	Functional				
Yes		No	No	Semi Functional				
No		Yes	Yes	Semi Functional				
No		Yes	No	Semi Functional				
No		No	No	Non Functional				
	Facility In aware Yes Yes No No No	Table 2: 0FacilityInchargeaware	Table 2: Criteria for staffinFacilityStaff NotifiedInchargeawareYesYesYesYesNoNoYesNoYesNoNoNoNo	Table 2: Criteria for staffing parameterFacilityStaff NotifiedStaff TrainedInchargeawareYesYesYesYesNoNoNoYesYesNoYesNoNoYesNoNoNoNoNoNoNo				

# Parameter 1: Staffing - Definition of functionality

Three elements were checked in order to assess whether the OTP& SC were functional with regards to its staffing. (i) The officer in-charge of the health facility was aware of the OTP & SC and its purpose; (ii) a member of staff has been officially notified to work in the OTP& SC; (iii) The prescribed training has been provided to the notified staff.

# Parameter 2: Equipment and supplies – Definition of functionality for OTP& SC

The availability and condition of the following list was checked in each OTP & SC visited, (i) MUAC tape; (ii) weighing scales; (iii) thermometer; (iv) treatment Protocols; (v) RUTF supplies; in addition to these 5 parameters for SC (vi) F75 & F100; (vii) Feeding cups; (viii) refrigerator were also examined.

# Parameter 3: Data records and reports – Definition of functionality

The spot verification team checked for the availability of correctly updated admission registers and the previous month's nutrition report prepared using the standard format agreed by the Nutrition Program and its partners. If both were available and correctly completed the OTP& SC were considered to be functional with regards to data records and reports. If either of these were not available or available but not completed then a semi-functional status If neither the admissions was applied. register nor the monthly report were available then the site was scored as nonfunctional with regards to records and reporting.

# Parameter 4for SC: Space availability - Definition of functionality

If the separate space or shared area is allocated for SC in the health facility and facilities for water boiling are available then functionality is considered to be in place. If the required space is available but no water boiling facilities in place then the status for this parameter is considered to be semi functional. If no beds are available for the treatment of SC patients then the parameter is considered as non-functional.

<b>a N</b>	a				
Sr. No.	Status	Outpatient Therapeutic Centers	Stabilization Centers		
		(OTP)	( <b>SC</b> )		
01	Functional	At least two of the three	At least three of the four		
	( <b>F</b> )	parameters are found in place parameters measured			
			found to be in placex		
02	Semi-	At least any of the two	At least one parameter is		
	functional (SF)	parameters are recorded as	found to be fully in place and		
		semi functional or any one	not more than two		
		parameter is found to be non-	parameters are found to be		
		functional. non-functional			
03	Non-functional	If two or more of the	If three or more of the		
	(NF)	parameters are scored as NF.	parameters are not found to		
			be functional.		

Table 3: Consolidated definition of OTP & SC functionality

Data was collected on the prescribed format, and in each facility data was collected and record was kept safe throughout the study period. After data collection it was analysed and results concluded.

### RESULTS

#### **Outpatient Therapeutic Centers**

Sufficient space for the OTPs was found at all of the 33 health facilities included in the OTP sample. At 16 (48%) health facilities, the LHV rooms were being used for the purpose while at 15 (45%) of the centers, a separate room had been allocated. The other two (6%) health facilities had established their OTP in a shared place near the MO (Medical Officer) office.

Data analysis for the OTP centers showed that 73 percent of the centers sampled were found to be fully functional with all three recommended parameters in place and fully operational while 24 percent were found to be semi functional largely due to equipment either unavailable or not in a working condition. Only one of the health facilities was not able to meet prescribed criteria and was declared as non-functional. A summary of the analysis featuring the composite criteria is represented in Table 4.

No.	Districts	Health	Staffing	Equipment	Records	Status
		Facility		and supplies		
1	D.G Khan	RHC Kala	SF	F	F	F
2	D.G Khan	BHU Aali	SF	SF	F	F
		Wala				
3	D.G Khan	BHU Gadai	F	F	F	F
4	Layyah	BHU Jharkil	F	SF	F	F
5	Layyah	BHU Shahpur	SF	F	F	F
6	Layyah	BHU Sami Pur Baghal	SF	F	F	F
7	Lavyah	THO Karor	NF	NF	F	SF
8	M.Garh	BHU Langar	F	F	F	F
		Saraye,				
		Muradabad				
9	M.Garh	BHU Sheikh	F	F	F	F
		Umar				
10	M.Garh	BHU	F	F	F	F
		Mehmood Kot				
11	M.Garh	BHU Jaggat	F	F	F	F
		Pur				
12	Bhakkar	RHC Behal	SF	NF	SF	SF
13	Bhakkar	BHU Hassan	SF	NF	SF	SF
		Shah				
14	Bhakkar	BHU Sial	SF	SF	SF	SF
15	Mianwali	BHU Dhoke	SF	NF	NF	NF
		Ayub				
16	Mianwali	BHU Thathi	SF	NF	F	SF
17	Mianwali	BHU Maseet	SF	F	NF	SF
10	NT	Wala	Б	CE.	Г	Б
18	Narowal	BHU Darman	Г	SF	F	F
19	Narowal	BHU Khan	F	F	F	F
• •		Khasa				
20	Rajanpur	BHU Kotla	F	SF	F	F
21	Dalammun	Dewan	<u>SE</u>	Б	Б	Б
21	Kajanpur	Wele Wenray	SF	Г	Г	Г
22	Rajanpur	BHU Wang	F	SF	F	F
23	Rajanpur	RHC Fazil Pur	F	F	F	F
23	Doionner		• E	- CE	- NIE	1 SE
24	кајаприг	Pur Falen	Ľ	ы	INГ	ы
25	Bahawalnagar	BHU 227/9-R	F	SF	F	F
26	Bahawalnagar	BHU 10/F.W	F	SF	F	F
	_					
27	Bahawalnagar	BHU Lalika	F	SF	F	F
28	Bahawalnagar	BHU 165/7R	F	NF	F	F

 Table 4: Status of OTP Centers

29	Bahawalpur	BHU Sayed	F	F	F	F
		Imam Shah				
30	Bahawalpur	BHU Kotla	F	SF	F	F
		Moosa Khan				
31	Bahawalpur	BHU 106/DB	F	F	F	F
32	R.Y Khan	RHC Jamal	F	NF	F	SF
		Din Wali				
33	R.Y Khan	BHU Zamin	F	SF	F	F
		Shah				

It was found that 31 of 33 (94%) health facilities in-charges were aware of the presence of the OTP site while only 2 (6%) were not aware of the OTP services being provided at the facility (THQ Karor, district Layyah & BHU Mehray wali in Rajanpur).

Staff members notified to perform OTP duties by the EDO (H) were confirmed at 22 (67%) of the health facilities. In the other 11 (33%) health facilities staff were working in the OTP under local arrangements but no specific staff member was notified. Of the notified staff, the majority were found to be LHVs (49%), in 3 (9%) of the OTPs midwives were performing the duties, at 2 (6%) OTPs Nutrition Assistants were available and at one facility the health technician was assigned the task.



Fig. 1: Percentage of OTP notified staff

The survey found that most of OTP staff, at 26 (79%) of the facilities were fully trained on OTP protocols. However, staff at seven facilities located in Layyah, Bhakkar and Mianwali districts was reported as not yet trained on the treatment protocols of OTP.



Fig. 2: Percentage of nominated trained staff

MUAC (mid upper arm circumference) tapes were in useable condition at all OTPs except BHU Dhok Ayob in district Mianwali. Thermometers were found to be the most common item of equipment missing at the OTP centers. 10 of the 33 HF were working without thermometers in district Mianwali, D.G.Khan, Bhakkar, Rajan Pur, Layyah and Bahawalnagar. Weighing scales were missing at two facilities in District Layyah, three facilities in district Bhakkar, and in one facility at Bahwalpur. At BHU Fatehpur and Jamaldin Wali of district Rajan Pur and R.Y.Khan the equipment was reported to be not in working condition.



Fig. 3: Equipment availability

Treatment protocols for SAM children were available and displayed in 20 (61%) health facilities, while in the remaining 13 (39%) located in Bhakkar, Mianwali, Narowal, Bahawal Nagar, Bahawalpur and Rahim Yar khan districts the OTP treatment protocols were not available nor displayed. Stocks of RUTF was available in majority of the OTP sites 31(94%), while one facility was found to have been out of stock for the last six months and the other facility had been reported stock out of RUTF for the last year. The facilities without stock were BHU Fateh Pur in District Rajanpur and RHC Jamal Din Wali in District R.Y Khan.

Most sampled facilities, 31(94%), had the enrollment register for OTP and were completing them appropriately. While two of the facilities (Dhok Ayoub and Maseet wali of district Mianwali) had not received the standard recording stationery and were using plain registers for the purpose.



Fig. 4 : Availability of enrollment register for OTP

The standard monthly reporting register of Punjab nutrition program provided by the program was found to be available and was being used at 31 OTPs.



Fig. 5 : Monthly reporting registered Punjab Nutrition Program

#### **Stabilization Centers**

Of the twenty SCs the IRMNCH and Nutrition program supports ten while UNICEF and WHO support three SCs each. UNICEF and WHO withdrew their support for human resources in Dec. 2015 and the hospitals were then providing SC services through internal organization of existing staff. Provision of supplies and SC supervision continued to be provided by the two UN agencies and reported to continue to do so until the IRMNCH and Nutrition program would take over.

The assessment findings for SCs showed that of the twenty SCs surveyed only one was assessed to be semi functional while all others were functional staff at the SC found to be semi-functional, had newly recruited staff that had yet received their training and stocks of therapeutic food. The only gap identified in the rest was that some of SCs were not sharing their monthly report with the provincial office of IRMNCH using the standard reporting format.

It was found that all facility in-charges were well informed about the presence of the SC at their health facility. It was also verified that two staff nurses had been recruited at all ten DoH managed SCs. 90 percent of the SC nurses were present at the time of verification visit but not found at DHQ Bhakkar (District Bhakkar) and THQ Kot Addu (District Muzaffargarh). Figure 7 shows that 85% of the SC staff have received prescribed training on treatment the protocols of inpatient care of malnourished children. Training had not been arranged for newly recruited staff nurses at Layyah, Bhakkar and Mianwali districts.



Fig. 6 : Training status of stabilization centre staff

A separate space had been allocated in all twenty hospitals and water boiling facilities were available in most of them. The remaining SCs at DHQ Hospital Mianwali and DHQ Hospital Bahawal nagar, were using bottled mineral water. MUAC tapes were available at all SCs and thermometers were found to be not available at DHQ Layyah and DHQ D.G.Khan only. Weighing scales were available and in working condition at all facilities except for DHQ Layyah where their scales had not been working for the last month. Refrigerators were available at all SCs except DHQ Bahawalnagar. Feeding cups were available at nineteen SCs, DHQ Layyah the only SC without feeding cups.



Fig.7 : Equipments and supplies

The protocols were available and displayed in 18 of the SCs but not at DHQ Bhakkar and R.Y.Khan. Stock of therapeutic feeds F75, F100 and RUTF was found at 17 (85%) of the SCs. THQ Kot Addu had been out of stock for one week for all commodities and DHQ Hospital R.Y Khan had been out of stock of F75 for the last two months. DHQ Hospital Bahawalnagar, which has just started functioning as an SC had only RUTF available. The standard record keeping stationery for inpatient care was found at 17 of the SCs. Seventy percent (14 SCs) were preparing and submitting monthly reports using the monthly reporting register for Punjab nutrition program. The SCs at Mayo Hospital, Children Hospital and Sir Ganga Ram hospital in Lahore, Nishtar hospital Multan, Children Hospital Multan and THQ Alipur were preparing manual reports using their own formats.

Sr.	Districts	Health	Staffing	Space and Water	Equip/Supplies	Records	Status
No		Facility		boiling facility			
•							
1	D.G Khan	DHQ	F	F	SF	F	F
		Hospital				-	-
2	Layyah	DHQ	SF	F	NF	F	F
2	M Corb	Hospital	Б	Б	Б	Б	Б
3	M.Garn	THQ All Pur	Г	Г	Г	F	Г
4	M Garh	DHO	F	F	F	F	F
	in our	Hospital	1	1	1	1	1
5	M.Garh	THQ	F	F	SF	F	F
		Kot					
		Addu					
6	Bhakkar	DHQ	SF	F	SF	F	F
		Hospital					
7	Mianwali	DHQ	SF	NF	SF	NF	SF
		Hospital					
8	Multan	Children	F	F	F	SF	F
0	Makan	Hospital				015	
9	Multan	Nishtar Hospital	Р	F	F	SF	F
10	Guiranwala		Б	Б	Б	Б	Б
10	Gujianwala	Hospital	Г	Г	Г	Г	Г
11	Lahore	MAYO	F	F	F	SE	F
	Lantore	Hospital		1	1	51	1
12	Lahore	Gangara	F	F	F	SF	F
		m					
		Hospital					
13	Lahore	Children	F	F	F	F	F
		Hospital					
14	R.Y Khan	DHQ	F	F	SF	F	F
1.7	<b></b>	Hospital	-				
15	Bahawalpur	DHQ	Р	F	SF	F	F
16	Bahawalnag	DHO	Б	Б	NE	Б	Б
10	ar	Hospital	Г	Г	NГ	Г	Г
17	Rajanpur	DHO	F	F	F	F	F
1	rujuipui	Hospital	1	1	1	1	1
18	Faisalabad	Allied	F	F	F	F	F
_		Hospital	-	-	-	-	-
19	Gujrat	DHQ	F	F	F	F	F
		Hospital					
20	Sargodha	DHQ	F	F	F	F	F
		Hospital					

Table 5: Shows the parameter wise summary for all SCs

### CONCLUSION

Generally in case of public health, primary health structure focuses on the preventive side, where main aim of the programs is to consistently deliver to the community (Pelletier, 1994), so in the light of this CMAM program had been built up to a five times higher than inpatient-only program also high in coverage which was steadfast to meet the international Sphere minimum standards (Sphere 2004) through which the key performance indicators had been alike to or improved than inpatient only programs (Collins, 2004; Collins et al. 2006a; Collins et al. 2006b). Conclusively United Nations generally recognized CMAM as top practice in the preventive side (WHO et al. 2006), along with health departments, and various NGOs (Khara and Collins 2004; Collins et al. 2006a).In order to bring uniformity, staff notification from Executive District Officer (Health) for the OTP and SC centers should be issued in those districts which have not already done so far, in order to make program more effective (Puoane et al. 2004). New staff deputed should undergo training by the district & provincial administration to equip all the health care provider basic skills (Simoes et al. 1997). All the missing equipment and supplies should be procured and provided at the centers, which are the key component for proper service delivery (English et al. 2004). Ensure the availability and display of standard treatment protocols for all centers, and supply standard reporting and recording stationery to all centers (Rowe et al. 2005).

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