RDHS,

New Schedule for Multiple Micro Nutrient (MMN) Supplementation for 6, 12 and 18 Month Age Groups

MMN supplementation is currently being carried out in your district, under which it is provided to all the children completing 6 months of age; i.e. 1 sachet per day x EOD x 4 consecutive months as a preventive measure for iron deficiency anaemia.

A technical consultative meeting was held in 2011 with the participation of international experts from Unicef by the Medical Research Institute on micronutrient supplementation throughout the lifecycle, based on the recommendations of which new guidelines were formulated. This guideline was taken up for discussion at the Maternal and Child Health Sub Committee held on 30/11/2011 chaired by DDG PHS II and it was decided to commence MMN supplementation of the children completing 12 months and 18 months in addition to children completing 6 months of age in accordance with this latest WHO recommendation.

According to the new recommendations, MMN sachets should be given daily for 2 months commencing at the ages of 6, 12 and 18 completed months and continued for two consecutive months.

Therefore as an initial step, you are requested to communicate this decision with your MOOH and public health staff and commence the new schedule for children completing 6, 12 and 18 months of age from 1st March 2012 onwards.
Kindly consider that the previous schedule for MMN supplementation will be replaced by the commencement of this new schedule.

Please take necessary action to obtain the requirement of the district from the FHB through RMSD within the month of February.

Thank You

Director MCH

Cc; PDHS - .............................................. - f.i.

MOMCH - ........................................... - f.i. & n.a.

OIC-RMSD - ......................................... - f.i. & n.a.
New Schedule for Multiple Micro Nutrient (MMN) Supplementation for
6, 12 and 18 Month Age Groups

MMN is a supplement with several micronutrients & vitamins including iron and Zinc which are important for a child’s healthy physical and cognitive development. Therefore in addition to the early introduction of iron rich food such as fish, meat, dried sprats etc. according to IYCF guidelines it is beneficial for a child to receive multiple micronutrients to optimize the development from the commencement of the seventh month.

Target group

All infants/children completing the age of 6, 12 and 18 months from 1st March 2012 onwards.

PHM can use the Birth and Immunization Register to identify this target group. (i.e. infants and children due to come for vaccination for the 6, 12 & 18 month vaccines from 1st March 2012 onwards)

Dose

30 sachets to be consumed within 30 days.

Only one sachet per day.

Duration

For a period of two (02) consecutive months (i.e. 60 days) for each child from the date of commencement.

Mode of administration

The content of the whole sachet should be added to a small quantity of semisolid or solid food (i.e. half a cup), mixed well and fed to child within a period of about 10-15 minutes (within 30 minutes at the most).

Should never be mixed with water or any other fluids as the content of the sachet are not water soluble.

If food mixed with MMN is kept for long periods it will get discoloured and will be unappetizing for consumption.

Frequency of distribution of sachets

Monthly for 2 consecutive months.

30 sachets given to mother for a period of one month.

Checking compliance

Empty sachets should be shown when coming for the next months requirement. Further compliance could be checked during home visits.
Place of distribution

Field weighing post – when children are brought for weighing

CWC - when children are brought for vaccination

Provide first 30 sachets when children are brought for vaccination. The second 30 sachets can be given either at the field weighing post or CWC whichever is convenient to mother.

Instructions of mothers on using MMN

Use the entire content in the sachet

Add the entire content into the first 3-4 mouthfuls of a single meal.

Use only one sachet per day

One sachet per day for 60 days

If happen to forget on a particular day can continue as usual from the next day. Should not exceed the dose of one sachet per day.

(In addition to instructing the mothers on the dose and usage, they should be made aware on the importance of this supplementation and the nutrients supplied from the sachet).

Estimating the requirement

For a given year – to cover 6, 12 & 18 month cohorts

Total number of registered births (for 2011) = A

Total estimated number of children for supplementation = 3 x A

No. of sachets needed for the entire course = 3 x A x 60

(For a district where the MMN supplementation is started from the very beginning, a cross sectional coverage of all children in 6-23 month age group is recommended. The estimate for this initial distribution can be calculated as follows;

Total number of registered births (for 2011) = A

Total estimated number of children for supplementation = 1.5 x A

No. of sachets needed for the entire course = 1.5 x A x 60

The programme will be continued from there onwards for 6, 12 & 18 month groups as stated above.)

With reference to the adverse effects of MMN, records to be maintained by Mother, PHM, MOH and responsibility at the level of PHM area, divisional level, district level, provincial level & national level please refer to the existing circular (Gen. Circular no. 01-34/2007).

Family Health Bureau, Ministry of Health - 2012