**Comparison of Therapeutic Feed (Different recipes) during Stabilization Phase for the management of Children with Severe Acute Malnutrition (SAM)**

Saadia Khan, Imran Iqbal, Ibad Ali, Nazia Batool, Asad Abbas, Reema Arshad

**ABSTRACT**

**Objective:** To compare the feeding of sugar based F75, Cooked rice based F75 and Enhanced cooked rice based modified F75 during stabilization phase for the management of children with SAM (Severe Acute Malnutrition) aged 6-60 months presented with diarrhea.

**Study Design:** An open-label randomized controlled trial.

**Place and Duration:**  Stabilization center, Children’s Hospital and Institute of Child Health Multan from 1st January 2018 to 30th November 2019.

**Methodology:** The total 270 children, (who were under 5 years of age and admitted to the stabilization center for complicated Severe Acute Malnutrition (SAM) during study duration) were divided into three groups of 90 patients each. Group A was given Standard sugar-based F75, Group B was given Cooked Rice based F75 and Group C was given Enhanced cooked rice based modified F75. Clinical and biochemical parameters of patients were analyzed at day 1, day 3 and day 7 after admission.

**Results:** The age of our patients was 16.7 ± 12.2 months with male to female ratio of 1.2:1. The mid upper arm circumference (MUAC) of cases was 10.07±0.86 cm. More than half of the children had diarrhea at admission. During the initial stabilization phase (day 1 to day 7), number of patients with complains of diarrhea increased from 57.78% to 65.54% in group A while it reduced from 52.22% to 15.54% in group B and from 62.16% to 7.77% in group C.

**Conclusion:** Modified rice base therapeutic feeding is more effective for treatment of SAM with diarrhea as compared to standard sugar based F75 formula.

**Keywords:** Children, Diarrhoea,Severe Acute Malnutrition, Stabilization Phase, Carbohydrate Malabsorption, Diarrhea, F75 Rice Based Therapeutic Feed

**How to Cite This:**

Khan S, Iqbal I, Ali I, Batool N, Abbas A, Arshad R. Comparison of Therapeutic feed (different recipes) during Stabilization Phase for the management of Children with Severe Acute Malnutrition (SAM). Isra Med J. 2022; 14(3): 108-112.DOI: [https://doi.org/10.55282/imj.oa](https://doi.org/10.55282/imj.oa1279)1140

This is an Open Access article distributed under the terms of the Creative Commons Attribution-Noncommercial 4.0 International License (http://creativecommons.org/licenses/by-nc/4.0/), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.