



PROPOSAL FOR NUTRITIONAL SUPPORT

Proposal Date: April 6th, 2022

Proposal to: Maweni Charity

Background

DREAM is an acronym for **D**isease **R**elief through **E**xcellent & **A**dvanced **M**eans.

DREAM Program is an initiative of Community of Sant' Egidio, an Italian Lay organization. This program was started in 2002 in Mozambique with the aim of treating patients with HIV in Africa. With time, the program has expanded to 10 African countries.

The program is registered in Kenya, as DREAM Kenya Trust, a nonprofit making, nonpolitical Trust organization which offers HIV care and treatment services in the country. The organization's area of operation includes; Meru, Embu, Tharaka Nithi, Nairobi and Kajiado counties of Kenya. Currently the program is supporting over 7000 patients on HIV care and treatment across 8 clinics.

Services offered in our clinics.

- Adult and Pediatric ART
- Treatment of opportunistic infections
- Prevention of Mother to child transmission
- Laboratory monitoring
- Cancer of cervix screening
- Psychosocial activities-support groups
- Community based services e,g home visits and homecare, Partner notification services.
- TB/HIV integrated services
- Nutrition support

All services are free of charge to the patients.

Nutrition program.

For the sake of this proposal, we will base our proposal on 4 clinics which are located in Meru and Tharaka Nithi counties due to the high demand of nutrition in those clinics. This is due to their geographical location, which is rural setting, and in areas, which have limited resources because of the dry climatic conditions.

Nutrition remains a core pillar in treatment of HIV in our program. The program identified the crucial role nutrition plays towards recovery and rehabilitation of health of a patients who start treatment especially those with opportunistic infections and malnutrition. Nutrition plays a key role just as antiretroviral drugs and opportunistic infection treatment drugs. We have noted that the level of malnutrition in our clinics ranges from 8-15% of patients on care and treatment with highest rates in Clinics based in Arid and Semi-Arid areas.(ASAL Regions)

Patients on HIV treatment are enrolled for nutritional support based on the following criteria:

i. Clinical criteria



- Adult patients with BMI less than 18.5
- Children with Z-Score -2 and below
- Patients with TB/HIV coinfection
- Patients on home based care

Patients in this criterion are usually very sick with opportunistic infections and malnutrition. They therapeutic foods in order to improve their weight and reverse nutritional deficiencies soonest possible in order to facilitate recovery. They need either Ready to use therapeutic food (RUTF) for severe malnutrition combined by Fortified blended flours (FBF).

ii. Social criteria

- Pregnant and Lactating mothers
- All children less than 15 years
- Elderly above 65 years of age

Patients started on nutrition based on social criteria are prescribed family pack. This may also be combined with Therapeutic foods in case they are sick or qualify for clinical criteria. The consideration is that patient maybe weak to work during the acute stages of disease, or may have many dependents. If no alternative food source is available in the family, the dependants will end up consuming the therapeutic foods specifically prescribed for the patients. Children or elderly maybe dependants on someone else and lack of something to eat may interfere with their adherence to antiretroviral drugs due to side effects.

Components of Family Pack:

- Maize-3kg
- Beans-3kg
- Maize flour-2kg
- Rice-2kg
- Suger-1kg
- Oil-1 liter
- Bar of soap-1k

Family pack consumption and cost per month.

- ❖ 245 patients in 4 clinics are targeted to each to receive at least one family food pack per month.

Clinic	Average number of packs consumed per month	Cost per pack(ksh)	Monthly cost per clinic (ksh)
<i>Aina clinic</i>	55	1328	73,040
<i>Chaarira clinic</i>	110	1328	146,080
<i>Chiakariga clinic</i>	60	1328	79,680
<i>Tunyai clinic</i>	20	1328	26,560
Total	245	1328	325,360



❖ Therefore, Annual cost of food packs per year is Ksh.325, 360 x 12=ksh.3, 904,320

Therapeutic foods consumption and costs per month

❖ Currently we have **119 patients in 4 clinics** who need therapeutic foods due to severe or moderate malnutrition. The average period of treatment of a patient with severe malnutrition is 3 months.

Commodity	Clinic	Packaging	Consumption in Cartons/Bales per month	Unit cost(Ksh)	Total cost per month(Ksh)
RUTF (Plumpy nuts)	Aina clinic	150 sachets/Carton	19	13950	265,050
	Chaarria clinic	150 sachets/Carton	7	13950	97,650
	Chiakariga clinic	150 sachets/Carton	2	13950	27,900
	Tunyai clinic	150 sachets/Carton	9	13950	125,550
TOTAL					516,150
Pediatrics Fortified Blended Flour	Aina clinic	90 satchets/Bale	17	2880	48960
	Chaarria clinic	90 satchets/Bale	2	2880	5760
	Chiakariga clinic	90satchets/Bale	1	2880	2880
	Tunyai clinic	90satchets/Bale	1	2880	2880
TOTAL					60480
Adults Fortified Blended Flour (FBF)	Aina clinic	60 satchets/Bale	7	2880	20160
	Chaarria clinic	60 satchets/Bale	18	2880	51840
	Chiakariga clinic	60 satchets/Bale	14	2880	40320
	Tunyai clinic	60 satchets/Bale	22	2880	63360
TOTAL					175,680

Acknowledgement.

DREAM Kenya Trust and Community of Sant Egidio appreciate the good collaboration with Maweni Charity. This has enabled the organizations to accomplish, many projects together for several years. Maweni Charity and DREAM Kenya Trust remain committed to ensuring People Living with HIV are offered holistic services in our projects and clinics without gender bias, religious, ethnic age or social class discrimination.



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KENYA.