



# FACILITATOR RESOURCE

## Using a MUAC tape

### INSTRUCTIONS FOR FACILITATOR:

#### Prepare:

1. 10 **sample arm tubes** (cardboard paper rolls) to represent the arms of the children in the exercise.
2. **MUAC tapes** – one for each participant.

#### To make sample arm tubes:

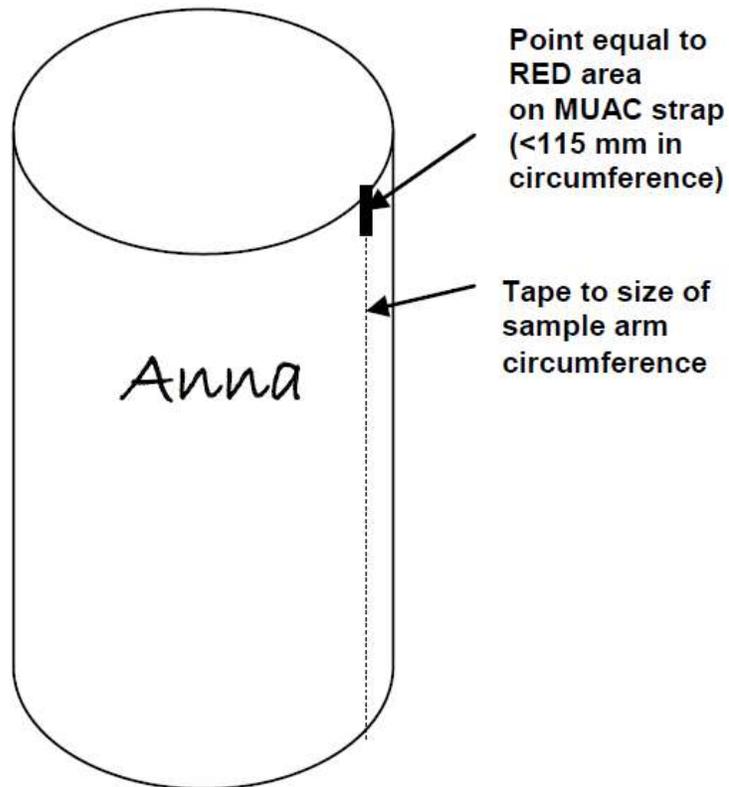
- a. Roll a cardboard and tape the ends together (see instructions on page 2). The tighter you roll the cardboard, the smaller the “arm circumference” is.
- b. Roll some tubes smaller than the <115 mm mark and others larger than the mark (all measurements less than 115 mm correspond to severe malnutrition; all above 125 mm correspond to no malnutrition).
- c. Write a name of one of the children on each tube (Anna, Dan, Njeri, Siew, Marvin, Chris, Lily, Lee, Sami, and Victoria).
- d. Prepare your own answer sheet (see page 3) for the sample children. Measure each tube. Then circle **Yes** or **No** for each sample child in the chart to make your answer sheet/answer key.
- e. Set the rolls on three tables (3-4 rolls per table) with enough space between them so that participants can work without crowding each other.

#### Conducting the exercise:

1. Introduce the exercise. Participants will: use a MUAC tape to measure the upper mid-arm circumference and identify severely malnourished children.
2. If not yet done, pass out a MUAC tape, one to each participant.
3. Distribute Module 8/Handout 2: Using a MUAC tape
4. Ask participants to:
  - a. Measure an arm tube, using a MUAC tape (move from table to table to measure all 10 arm tubes).
  - b. For each tube, mark on their handouts whether the child is severely malnourished -- **Yes** or **No**.
5. When the pairs have finished, discuss the results. Resolve differences, if any, by having a participant measure the arm tube again.
6. Ask the participants whether any of the arm tubes had a yellow reading on the MUAC strap. Discuss what a yellow reading indicates.
7. Let the participants know that they will have a chance to practice measuring the arm circumference of real children in the clinic.

### How to make arm tubes

- Using cardboard paper (or thick construction paper), cut out ten cards (approximately 15x20 cm each).
- On one side of each card, measure 115 mm and mark this point (this point is equal to RED area on MUAC tape)
- Roll the cards and tape them to represent different arm circumferences. Some should be taped to the left of the mark (smaller), and some to the right of the mark (larger). **Hide the mark in the inside of the rolled tube.**
- Write the name of a child on each tube: **Anna, Dan, Njeri, Siew, Marvin, Chris, Lily, Lee, Sami, and Victoria.**



Source: *Caring for the sick child in the community: Training manual.* (2014). WHO.

## Answer sheet/Answer key:

**INSTRUCTIONS FOR FACILITATOR:** Find the correct answers below.

Is the child severely malnourished?		
Anna	Yes	No
Dan	Yes	No
Njeri	Yes	No
Siew	Yes	No
Marvin	Yes	No
Chris	Yes	No
Lily	Yes	No
Lee	Yes	No
Sami	Yes	No
Victoria	Yes	No