

MUAC Z-SCORE TAPE

INSTRUCTIONS FOR HEALTHCARE PROFESSIONALS

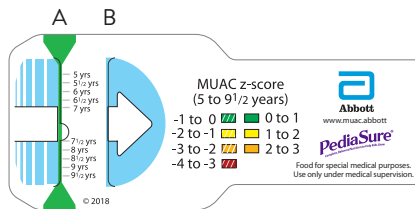
Mid-Upper Arm Circumference (MUAC) measures muscle and fat mass and is an important indicator of nutritional status. The MUAC Z-score tape is a valuable tool that helps healthcare professionals assess nutritional status in children aged 2 months to 18 years.

STEP 1

PREPARE YOUR EQUIPMENT AND CREATE A LOOP

Based on your order, you will receive either a 2-sided infant MUAC Z-Score tape or a 2-sided child MUAC Z-Score tape. Locate the end of the tape and insert the end into slit 'A' then through slit 'B'.

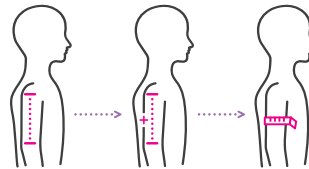
Note: Your MUAC Z-Score tapes are for multi-use. Discontinue use if degradation occurs.



STEP 2

IDENTIFY THE MIDPOINT OF THE UPPER ARM

The selected arm should be straight and hanging down at the patient's side with the elbow fully extended before measuring. The midpoint of the arm is located between the acromion and the olecranon process (or between the shoulder cap and elbow). The centimetre markings on the z-score tape can be used as a ruler to assist with finding the midpoint. Once identified, slide the loop you created up to the midpoint of the extended arm. Pull the tail end of the tape until it is snug but does not compress the skin.

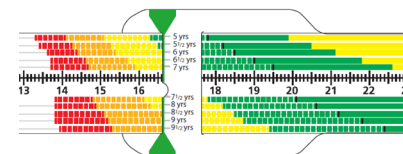


STEP 3

RECORD YOUR FINDINGS

Find and record the MUAC measurement in centimetres as found between the two green arrows while using the age of the child to select the proper measurement.

Note both the colour and the pattern of the line (solid or hashed).



STEP 4 (OPTIONAL)

UPLOAD TO KIDZGROWTH DATABASE

Scan the QR Code on the MUAC tape to upload the measurements to the KidZGrowth Tracker app. KidZGrowth is a global initiative that generates insights on screening numbers in different countries and regions, with the aim to identify opportunities to support healthcare professionals to screen in an accurate and timely manner. KidZGrowth does not collect any identifying information.



REFERENCE TABLE FOR Z-SCORE RANGES ON TAPE

Colour/pattern key	MUAC z-score range	Risk classification
■ Solid orange	2 to 3	Moderate overnutrition
■ Solid yellow	1 to 2	Mild overnutrition
■ Solid green	0 to 1	Normal
▨ Hashed green	-1 to 0	Normal
▨ Hashed yellow	-2 to -1	Mild undernutrition
▨ Hashed orange	-3 to -2	Moderate undernutrition
▨ Hashed red	-4 to -3	Severe undernutrition

PRACTISE USING THE Z-SCORE TOOL

In this example, the MUAC is 16.6 cm. The nutritional risk category is determined by using the age of the child to review the proper line. Here are three examples for this measurement.

Age (years)	MUAC z-score range	Risk classification
5	-1 to 0	Normal
7	-2 to -1	Mild undernutrition
9	-3 to -2	Moderate undernutrition

FOR MORE MUAC RELATED EDUCATION, VISIT WWW.MUAC.ABBOTT
TO ORDER MORE MUAC Z-SCORE TAPES, CONTACT YOUR ABBOTT REPRESENTATIVE



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