



Compassion and Care

Case Study 1: Severely Underweight/Malnourished

Name: Sarah*

Age: 2.5 yrs.

Gender: Female

Sarah, the last of 4 surviving children in her family, was brought into the Loreto PHCU in the third week of March 2017. At the age of 2.5 years Sarah weighed only 5 kg (11lbs) – which is within the 0.0 percentile according to the World Health Organization (WHO) 0-5 years' weight for age percentile chart.¹ A “normal” child should weigh between 12 and 13 kilos at this age. The family is from the village of Marial Tit, a small community within the Maker Kuei area, which was affected by inter-communal violence in October 2016 that saw many families from that area lose most of their possessions: including seed stock. She was brought to the Loreto PHCU at the insistence of Aliric (pronounced Aa-leer-ich; a woman from the local community working with Loreto), by her older brother and mother.



“I did not know I could come here, I did not know that the sisters were here for us – at the [district] clinic they tell you what you need but then you need to pay for what you need. Not the sisters, the sisters care. I only came here because, Aliric told me to come – Sister would help. I know to go to Pan Ngoth (pronounced Paan Nn-gaath; a Missionaries of Charity mother and child center in Rumbek), but I cannot leave the home – there are other child[ren]. I am working here now, when we came – we had no money, no food, no medicines. When they came (tribal fighters) they took and burned, we say we are blessed to not be there, if we were we would be killed. But we are not blessed now.”

They looted her home of the few valuables her family owned, and took whatever they could not take with them to a space in the field and burned it – including her family’s seed stock and food stores. When asked what was being eaten at home the mother remarked that it is hard to say – sometimes there is food for 3 or 4 days, but then there is nothing for the next week. There are other options for extreme cases like this, but as the sole caretaker of her children she cannot leave her children.

“The mother is the life of the children, she is school fees, food, bed, medicine and water – if the mother does not want these things for her children, they do not get. How can I leave my children to choose just one?” the mother asked, “But here I can choose all [of them], I am working here now – for 4 days now, I work, she eats, there is even some small food at home. You can see she [Sarah] is better now – she is up, playing even. Aliric told me of this place and how they help the kids, of course I bring the child.”

Even after just a few days of emergency feeding and care from Sr. Penina, Sarah is getting stronger, playing with toys, even laughing with some of the staff. The treatment being provided to Sarah is a simple routine of sorghum based nutrient enriched porridge and other nutritional supplements.

¹ World Health Organization (WHO). 0-5 year Weight for age percentile chart. 2017.



**Loreto Primary Health Care Unit (PHCU)
Case Studies – March 2017**



Case Study 2: Malnourished (Full Recovery)

Name: Grace*

Age: 1 yr.

Gender: Female



Baby Grace and her mother have been coming to the Loreto PHCU for 4 weeks. When Grace was first brought in she did not have the energy to sit up, crawl, or even cry – total exhaustion from lack of food. For the last 4 weeks she has been receiving 3 daily feedings during the week through the Loreto PHCU – this includes nutrient enriched porridge, milk, and vitamin enriched biscuits.

“I am doing casual work in the gardens [at Loreto], my husband is a bicycle mechanic, but right now there is only small money, sometimes nothing at all. A life is difficult at home sometimes we stayed for days without foods. Now the life of my child has change, She can now stand by her own which I am thankful to the Clinic and Sister. Before we would only eat posho [a primary local starch, usually made with sorghum or maize flower] only but difficult to get also.”

Case Study 3: Undernourished, Prolonged Respiratory Problems

Name: Marial*

Age: 14 yrs.

Gender: Male

*“I am in Primary Seven in Loreto Primary School-Rumbek Maker Kuei. I am 14 years of age, I have been sick since 2010. I am lived in **Karic near Maker village (1-2 km away)**. The sickness is in my heart, my heart beat faster than normal, breathing is difficult, walking or doing any activity is hard. It started in 2010, I was chasing a goat running trying to catch it after a long time I caught it and my sight was off because I was very tight and powerless. So, later when I went home in the evening with my goats, it happens at night that I had a cough and malaria. This cough and malaria were not treated. In this process I developed this chest problem. I was not taken to any hospital or clinic until 2011 when it becomes serious; my parents took me to the pharmacy where I was injected. But, the sickness did not go away. Again I was taken to state hospital in Rumbek for further treatment I was examined and the doctor recommended that I should be taken to Juba for further treatment from there the family refused that they don't have any resources to do such an expensive treatment . Since the start of this sickness, coughing use to come after some months, there is a time when I can coughing until the blood is discharge out of my mouth. The life at home is not easy; people are eating only one meal per day sometimes nothing.”*



“Now there is not any time I feel better, I am really very sick. I started receiving treatment in Loreto clinic since last year in October 2016. I have been coming to Sr. Penina the nurse since last year up to now during school days.”

He is receiving full support from the Loreto PHCU with special attention from Sr. Penina RN – he receives daily monitoring and nutritional supplements as well as a weekly medicinal regimen to treat the respiratory issues.



Loreto Primary Health Care Unit (PHCU) Case Studies – March 2017



Despite the ongoing food crisis, medicines and nutritional supplements remain a significant issue in maintaining services. The Loreto PHCU works to provide unfettered health care access to around 900 primary school children and 240 secondary school girls enrolled at the Loreto Schools in the 2017 Academic year. The PHCU, through Sr. Penina, is committed to meeting the needs of these vulnerable children and the vulnerable community members at large and currently has programs for emergency feeding, nutritional support, and treatment based health care that targets mostly children.

Most of the children that require nutritional support or emergency feeding are accompanied by a family member – usually a sibling, such as an older sister, who is also under/malnourished. The emergency feeding program feeds these caretakers as well as their young wards, and advocates to the parents to allow them to attend the schools' Accelerated Learning Program, an after school program for over-age children to help them catch up, academically, with their peers so that they can join the normal school program within a few short years.

The situation could be much worse than it is in the community as both of the schools - the community based co-educational primary school and the all-girls boarding school - have school feeding programs. In the community the youngest and most vulnerable Loreto students are eating almost exclusively through the school. Enrollment of children in recent years has been dramatically higher than in previous years as the community knows that these children will be able to rely on Loreto and our partners to provide the necessary food, medicines, and nutritional supplements required to help the children and students in the community to persevere despite the crisis – to grow, laugh, and play, to have hope in the face of disaster.



***Names have been changed to preserve human dignity.**