

## Guidelines for De-worming of Young Children

### Background:

Preschool children aged 1 to 5 years are often infested with intestinal worms. Worms aggravate malnutrition, anemia and stunting levels and retard both physical and cognitive development. This has been a problem of children in Assam too. The common types of worms are round worms, hook worms and whip worms.

Treating children for worms are one of the simplest and cost effective interventions for improving child's health.

Keeping in view the problem of worm infestation of children in Assam it has been decided to conduct two rounds of De-worming every year in the month of March and September. The first round will be conducted during March' 2010. On every Wednesday (VHND /Immunization Day) medicine for De-worming will be given to all children between the age group 1 to 5 years along with vitamin A supplementation.

### De-worming drug:

De- worming drugs to be used during the Round is Albendazole tablet 400 mg and Albendazole syrup 10 ml. bottle (containing 400mg. Albendazole).

### Doses of Drug:

**12 to 23 months: Albendazole syrup 5 ml (half of 10ml bottle), single dose.**


**24 to 36 months: Albendazole syrup 10 ml-(one bottle) Single dose**

**37 to 60 months: Albendazole tablet 400 mg- 1 Tablet-Single dose.**

### Administration of De-worming drug:

1. The De-worming drug Albendazole is safe and simple to administer.
2. **The tablet will have to be crushed (repeat crushed) between two spoons, then mixed with drinking water** and given to the child. **Do not administer the tablet without crushing and mixing with drinking water.**
3. **No child below the age of 1 year should be given De-worming tablet /syrup.**
4. **Never force a child to take De-worming tablet/ syrup.** Gently coax the child to swallow the crushed tablet/syrup or offer it as a sweet. If the child is still uncooperative, let the child pass without treatment. He /she will have another chance next time.
5. **Avoid administering De-worming tablet/syrup to a sick child.** He/ She can be covered in the next round.
6. All Health/ Para-health workers administering the De-worming tablet/ syrup will have to be trained. The training should include **how to crush the tablet and mix with water and what should be done if the child chokes** while taking De-worming tablet/syrup.

7. The De-worming drug should be administered **only from the VHND/ Immunization sites** where supervision and assistance can be given to the child if needed.
8. Let the child be sited on the mother's/ care giver's lap.
9. Clam the child if he/she is irritable or crying.
10. Administer the mixer of Albendazole tablet/ syrup gently.
11. Don't hold the child's nose to make him/her to swallow.
12. Don't force the child to swallow the mixer.
13. Set up the site, so that chaotic and overcrowded situation doesn't arise. The beneficiaries are kept seated and all help needed to the mother and the child is met.
14. **Pattern of administration of the drugs:**
  - A. **If all the beneficiaries come together then,** the administration of drugs should follow the following pattern:
    - First arrange all the children i.e. starting with the youngest to oldest.
    - Administer Vitamin- A to the first child & complete the Vitamin-A administration till the last child.
    - After completing Vitamin-A, start De-worming administration
    - Again give first to the first child & complete de-worming till the last child.
    - After completing De-worming administration give scheduled vaccine.
    - There should be a time gap of 10 to 15 minutes between administration of Vit-A , De-Worming Tablet/ Syrup or OPV and other vaccination.
  - B. **If the beneficiaries do not come at a time then,**
    - Give vitamin-A dose first.
    - Then wait for 10-15 min and administer the dose of De-worming tablet/syrup.
    - Then wait for another 10-15 min and administer other scheduled vaccine.
15. **If a child chokes;**
  - a. **For very small children:** Lay the child's chest on your thigh, then lean the child's head down. Thump on the middle of the child's back 5 times using your palm.
  - b. If the problem is not resolved, lay the child's chest on your thigh facing upwards (Child on its back). Press on the thoracic area of the child 5 times using your two fingers. Repeat if necessary.
  - c. **For older children:** Lay the child on his/ her abdomen on your thigh, then lean the child's head down. Thump on the middle of the child's back 5 times using your palm.
  - d. If the problem is not resolved, hold the child from behind in a standing position with your hands below the child's arms just below the rib cage. Press the child's body upwards. Repeat if necessary.
16. In the event of any untoward reaction/effect, take urgent action and inform the nearest Medical officer/ hospitalize the child.

  
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