Clinical audit proposal

Prevalence of Anemia and its association with nutritional status among Under five children attending Nubia Health Center

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1. Background

Anemia and malnutrition remain among the most common health problems affecting children under five years of age in low-resource settings. During routine clinical practice at Nubia Health Center, a considerable number of children are found to have low hemoglobin levels and varying nutritional challenges. However, local data describing the burden of anemia and nutritional status among children attending the center are limited. Generating local evidence may help identify the magnitude of the problem and support future health and nutrition interventions within the community.

2.Aim

To assess the prevalence of anemia and its association with nutritional status among under-five children attending Nubia Health Center.

3. Objectives

1. To determine the prevalence of anemia among under-five children attending the center.
2. To assess the nutritional status of children using available anthropometric measurements.
3. To explore the association between anemia and nutritional status.
4. To provide local data that may support future health and nutrition interventions in the community.

4. Methodology

Clinical Audit (Descriptive Cross-sectional Audit).

Study Population: Children under five years of age attending Nubia Health Center during the audit period.

Data Collection: Eligible children will be identified during routine clinical practice by attending medical officers.

Data will subsequently be extracted from clinical records, nutrition assessments, and laboratory records available within the center.

Variables: Age, Sex, Weight, Height/Length, MUAC, Hemoglobin (HB), CBC parameters , Clinical diagnosis.

Data Analysis: Data will be entered into Microsoft Excel and analyzed using descriptive statistics.

5. Expected Benefits

Identify the burden of anemia, improve understanding of nutritional status, support planning of targeted interventions, and provide baseline data for future quality improvement projects and research activities.

6. Proposed Team

Medical Officers, Nutrition Department Representatives, Laboratory Representative, Medical Statistics Department Representative.

7. Duration

August – November 2026