

Ending Child Hunger and Undernutrition

Acting at Scale: Intervention Guide

Deworming

February 2009

Context

The following document is part of the REACH Acting at Scale set of materials

- The documents' aim is to provide highly condensed information and lessons learned for scaling up REACH-promoted interventions to support field practitioners and other interested parties
- They are intended to become a living set of materials, updated periodically by the REACH Global Interagency Team
- These materials are a first step towards a larger REACH Knowledge Sharing service, which will be developed over time

The full set of Acting at Scale materials includes

- An Intervention Summary
 - An overview document containing key facts for all of the 11 promoted interventions
- Intervention Guides for each of the interventions¹
 - Containing rationale, lessons learned, costs and further resource lists
- Implementation Case Studies for each of the interventions¹
 - Initial set of details and lessons learned from programs implemented at scale
- Resource Lists
 - Lists of key documents, organizations and programs at scale
 - Included at the back of each Intervention Guide and in Excel spreadsheets available from the REACH Global Interagency Team

These materials represent a preliminary version, to be validated and refined via additional consultations

- Prepared in Summer 2008 by the REACH Global Interagency Team, based on inputs from 56 practitioners and experts, as well as extensive desk research
- A revised Version 2 of these documents will be released in late 2008 or early 2009, incorporating feedback from initial recipients

If you have questions or feedback on these materials, please

- Contact your local REACH facilitator in Lao or Mauritania. or
- Contact the REACH Interagency Team Coordinator, Denise Costa-Coitinho, at Denise.CostaCoitinho@wfp.org

^{1.} Breastfeeding and complementary feeding have been combined into a single document due to strong linkage in delivery

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Key messages

Worms affect 2 billion people worldwide, generating 4.6M DALYs each year

- 386M <5 children are at risk of morbidity as of 2007, with only 10.7% covered
- Worms deprive children of iron, vitamin A and other nutrients, creating under- and malnutrition that results in growth faltering, reduced learning capability and anemia

Deworming tablets offer a relatively simple solution to this large-scale health problem

- Highly effective, easy-to-distribute and inexpensive technology
- · Low technology and limited adverse events risk enables delivery via staff that require only minimal training

Deworming is relatively simple to integrate into existing delivery channels, often with additive value to existing programs

- · Given immediate, visible impact on children, deworming generates demand for other nutrition services
- Can be added to vitamin A, immunization, child health or other mass campaigns, or integrated management of childhood illness (IMCI) public health programs
- Programs for <5s and P&L women can be added as an extension to school feeding programs
 - Schools are the most common delivery channel, given the high exposure rates of school-aged children

Given safety of drugs and high probably of individual infection where prevalence rates are high, all children and P&L women should be treated

No testing is required

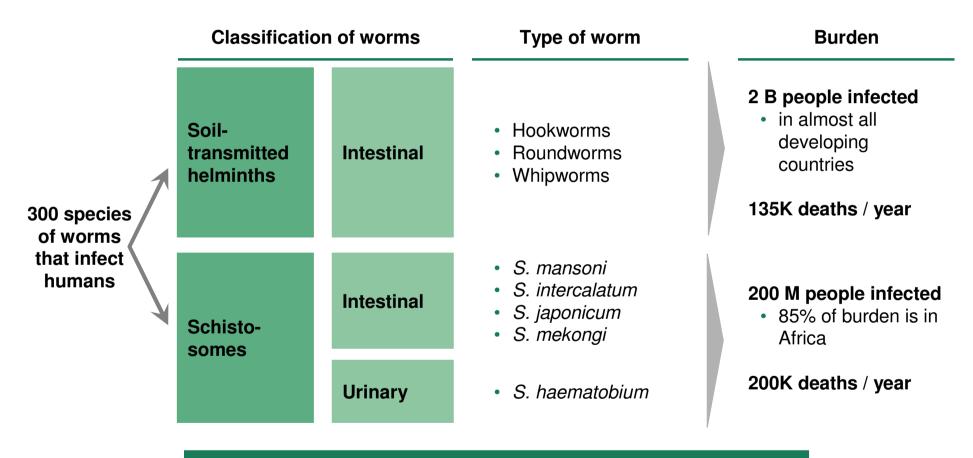
Sustainability of program is essential, given that treatment does not prevent reinfection

- Requires ongoing treatment programs, with associated funding and local capacity
- Results are more sustainable when prevention education supplements treatment
 - Simple and fun-to-use education materials create awareness and induce behavior change
- In long-term, programs that improve hygiene and sanitation reduce infection rates

M&E is relatively simple, as proven drug impact allows programs to focus mainly on coverage tracking via simple, easy-to-use tools

Why implement

Several types of worms threaten human health



While more people are infected with soil-transmitted helminths, more deaths are attributed to schistosomiasis

Worms found in unhygienic and tropical environments cause multiple nutrition-related impacts

	Sources of risk	Transmission routes	Impact
Soil- transmitted helminths	Poor sanitation and waste management • Eggs in human feces Tropical climate	Hookworm • Contraction via skin when walking barefoot Roundworm & whipworm • Ingestion of eggs from unwashed hands or food	 Children Malnutrition¹ Growth faltering Reduced learning capability Anaemia Increased risk for chronic irreversible diseases
Schisto- somes	Fresh, still water	Schistosomes • Contamination via larvae in fresh water	P&L women

^{1.} Worms cause poor nutrient absorption Source: "Action against worms. Issue 1." WHO, 2003

Two complementary means of addressing worms

Deworming offers short-route treatment; hygiene education can supplement when cost-effective

REACH focus Short route Long route Improved sanitation and **Deworming tablets** waste management E.g., delivered via • E.g., improving mass campaign, public health service community sanitation **Approach** or school facilities Improved hygiene education and awareness E.g., delivered via public health system, community or schools **Prevention Treatment** Control transmission Reduce morbidity **Objective** Reduce reinfection Reduce individual worm burden

Although REACH focuses on short route interventions, long route actions also are required

Helminth treatment is considered one of the most cost-effective interventions available

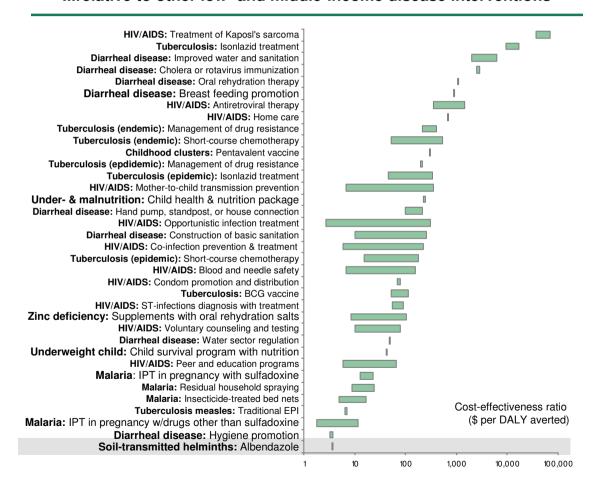
Treatment is cost-effective...

Albendazole treatment: US \$2-9/DALY

averted

Combined albendazole/ US \$8-19/ praziquantel treatment: DALY averted

...relative to other low- and middle-income disease interventions



How to implement at scale

Key lessons learned about implementing deworming programs at scale

Define strategy Design **Implement** Monitor. evaluate. refine

- · Ensure government commitment and coordination to enable scale-up and sustainability
 - E.g. in Cambodia government infrastructure was used, education/reporting materials developed by MoH
- · Leverage as many partners possible to increase coverage and build local capacity
 - E.g. in Uganda, multiple NGOs deliver tablets in certain areas
- Integrate deworming into existing programs
 - Immediate impact of deworming makes it popular with beneficiaries, and increases uptake of other interventions
 - Enables low-cost delivery, as the cost of tablets is low relative to delivery costs
- Design programs to enable ongoing treatment, as reinfections are common
- Don't invest in screening or targeting individuals, as prevalence typically is high and drug risks are low
- Identify and negotiate with suppliers to produce product in bulk to realize economies of scale
- Train those delivering tablets to make sure delivery is suited to <2 children, e.g. in DRC, tablets are crushed with a spoon
- Establish train-the-trainer models to enhance cost-effectiveness, e.g. in Cambodia school cluster directors were trained centrally and trained teachers
- Where education is a component of the program, develop customized and fun-to-learn education materials,
 e.g. in the Philippines a package of songs, drawings, games were developed
- · Leverage community to increase coverage, e.g. in Philippines students train peers
- Centrally develop simple registration forms to track regular deworming of individuals and total coverage
 - E.g. in Cambodia the MoH developed standardized forms and managed distribution and recollection
- A basic M&E system measuring coverage and number of drugs distributed is essential
 - Since efficacy deworming is clear, impact metrics are less relevant than operational metrics to ensure effective delivery

Program strategy influenced by the age of the target beneficiaries

Target group	Infection risk STH ¹	Infection risk SS ²	Treatment	Primary delivery channel	Training require- ments
0–1 year			 Not recommended due to low infection risk and unproven safety of drugs for this age group³ 	• N/A	
1–2 years³	Risk increases as children		 Sometimes excluded⁴ Less heavily infected Difficulty swallowing tablets Added complexity as Albendazole dosage is different⁵ 	 Public health system or mass campaigns 	
2–5 years	start to walk	Risk increases as children start	Treated for STH and SS	 Public health system or mass 	Increased risk of vomiting and swallowing
5–15 years	•	to swim	Treated for STH and SS	• Schools	problems
P&L women			 Treated for STH and SS All drugs are safe for pregnant women 	 Public health system or mass campaigns 	
REACH benefic		High risk			

^{1.} Soil transmitted helminths 2. Schistosomiasis 3. WHO recommendation 4. Especially for large-scale programs where tablets have to be delivered to many beneficiaries and the added complexity of serving 1-2 year olds slows the delivery and therefore reduces capacity 5. Half a tablet instead of a full tablet is given Source: WHO UNICEF, 2004: Joint Statement on Prevention and Control of Schistosomiasis and Soil-Transmitted Helminths; WHO, 2006: Action against Worms; WHO, 2002: Helminth Control in School-Age Children

Preliminary Design

Deworming is a relatively simple product to distribute

But sustainable solutions a challenge

Simple and cheap to use...

Low risk

- Very low skills required to provide pill to children >5
 - Some skill required to provide pills to children <5
- Limited risk of side effects or adverse events reduce risk of treating uninfected children and pregnant women

Simple distribution requirements

- Shelf life of up to four years
- Pills are heat-stable and require no cold chain
- Low space requirements

Low cost

- Cost of \$0.02 per soil-transmitted helminth treatment
- Cost of \$0.20 per schistosomiasis treatment

...yet difficult to sustain

Reinfection is common, especially if

- Treatment is not consistent
- Root causes are not addressed (e.g., lack of sanitation)

Multi-year funding is necessary, but difficult

- International funding often limited to a few years
- Despite low tablet costs, long-term deworming programs can overwhelm modest MoH budgets

Schistosomiasis tablets generally are imported

- Rarely produced domestically
- Limited global supply
- Logistics are complex, requiring a long order lead time
- Mark-up of 15% for sea transportation and 25% for air shipment

Deworming drug selection based on local worm prevalence and drug characteristics

Determine drug type

Determine drug/formulation

Options

Decision

criteria

- Drugs against soil-transmitted helminths (STH)
- Drugs against schistosomiasis (SS)
- Prevalence of worm burden in the particular area

Schistosomiasis mainly present in Africa Soil-transmitted helminths prevalent throughout the developing world





- For STH¹:
- Albendazole²
- Levamisole³

Design

- Mebendazole²
- Pyrantel³

- For SS¹
- Praziquantel

- Cost
 - Local production⁴ can be more costly than global suppliers
 - Sometimes donations available
- Quality on an ongoing basis
 - Local suppliers sometimes lack quality
- Availability at the right time and at the desired volume
 - Problematic for praziquantel, sufficient supply for STH drugs
- Ease of use
 - Albendazole and mebendazole are applied with a standard dosage to all children while levamisole and pyrantel require individual dosage dependent on weight
- Acceptance among beneficiaries
 - Good taste and chewability
- Medical considerations: Side effects and efficacy

For STH albendazole and mebendazole are mainly used because of their easy dosage requirements. For SS only praziquantel is used

^{1.} WHO recommended drugs 2. Both typically used as dosage is very simple; No major difference in terms of quality and cost between albendazole and mebendazole 3. Levamisole and pyrantel less often used as their dosage requirement is more complicated 4. Local production only for STH tablets, not for schistosomiasis Source: Expert interviews; "Action against worms." WHO, several issues from 2003-2006.

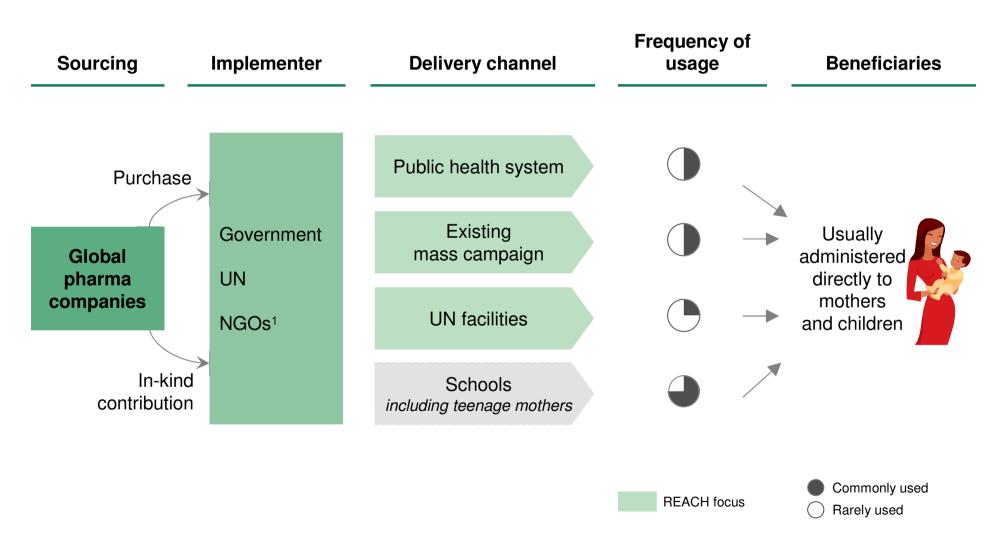
Preliminary Design

Dosage and treatment frequency are straightforward, easing complexity of delivery

	Category	Prevalence among school children	Action to be taken		
Soil-trans-	High-risk community	≥50%	Treat all school-age children (enrolled and not enrolled) twice each year B	Also treat: •Preschool children; •Women of childbearing age includin pregnant women in the 2 nd and 3 rd trimesters and lactating women;	
mitted helminth ^a	Low-risk community	≥20% and <50%	Treat all school-age children (enrolled and not enrolled once each year)	Adults at high risk in certain occupations (e.g. tea-pickers and miners)	
	High-risk community	≥50% by parasitological methods (intestinal and urinary schoistosomiasis) Or ≥30% by questionnaire for visible haematuria (urinary schoistosomiasis)	Treat all school-age children (enrolled and not enrolled once a year	Also treat adults considered to be at risk (from special groups to entire communities living in endemic areas)	
Schisto- somiasis	Moderate-risk community	≥10% but <50% by parasitological methods (intestinal and urinary schoistosomiasis) or <30% by questionnaire for visible haematuria (urinary schoistosomiasis)	Treat all school-age children (enrolled and not enrolled) once every 2 years Treat all school-age	Also treat adults considered to be at risk Praziquantel should be available in dispensaries and clinics for treatment of suspected cases	
	Low-risk community	<10% by parasitological methods (intestinal and urinary schiotomiasis)	children (enrolled and not enrolled) twice during their primary schooling age (e.g. once on entry and once on exit	irealinent of Suspected Cases	

^aprevalence of any STH infection is less than 20%, large-scale preventive chemotherapy interventions are not recommended. Affected individuals should be dealt with on a case-by-case basis. B If resources are available, a third drug distribution intervention might be added. In this case the appropriate frequency of treatment would be every 4 months. Source: "Preventative chemotherapy in human helminthiasis." WHO, 2006.

Typical flow of deworming tablets to the child



^{1.} Typically in support of mass campaigns to extend reach to more remote communities. 2. Only partly relevant for REACH Source: "Action against worms." WHO, several issues from 2003-2006.; expert interviews; REACH analysis

Deworming is often piggy-backed onto existing programs

Opportunities to leverage/expand existing programs

	Typical channels	Strengths	Challenges			
Potentially standalone programs ¹	SchoolsProvision to school children including teenage mothers	 Scalable² Very cost-effective Good outreach Effective education component Sustainable as capacity is built 	 Only reaches school-age children Training teachers in delivering to children <5 is difficult due to high number of teachers 			
	Public health systemAs part of IMCI	ScalableLow incremental costReaches all target beneficiariesSustainable as capacity is built	Often lack capacityOften limited outreach and coverage			
Typically integrated programs	 Existing mass campaign E.g., vitamin A supplementation, vaccination 	ScalableLow incremental costOften high outreachReaches all target beneficiaries	 Limited educational component Technical and programmatic fit with other interventions 			
	UN facilitiesE.g. in supplementary feeding centers	ScalableLow incremental costReaches all target beneficiaries	Sustainable only while UN fundingDoes not build ongoing local capacity			
As the delivery requirements are low many channels are						

As the delivery requirements are low, many channels are suitable to deliver deworming tablets

^{1.} Sometimes integrated into school feeding programs 2. One teacher can treat about 50-100 children per day Source: "Action against worms." WHO, several issues from 2003-2006.; expert interviews; REACH analysis

Preliminary Design

Deworming also can increase uptake of programs

Strong logic to integrate into existing delivery channels

Ongoing programs, e.g.

Screening criteria

- Vitamin A supplementation
- Immunization programs
 - Measles
 - Polio
- Child health weeks
- Mass public insecticidetreated bednets distribution

Programmatic similarities

- Planning
- Funding flows
- M&E consistency
- Management, staff capacity
- Similar advocacy objectives

Technical similarities

- Target beneficiaries
- Frequency of contact
- Technical capacity

Integrated program

Demand for program generated due to highly visible impact

- Dead worms are expelled and visible in the faces few hours after treatment
- Children feel better, are more active, and have more appetite after a few days

Success of integrated programs also require joint planning, funding, logistics, M&E and advocacy

Simple training guidelines, tailored for local norms, enable training of non-medical tablet providers

Sample provider training materials:

Guide for field staff from Congo

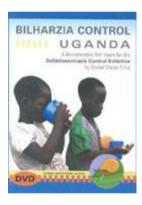
Guide for district level managers from Kenya

Training video from Uganda

Book for teachers







from Mauritania

- Detailed instructions as district managers further disseminate knowledge (multiplier)
- Visualisation to make training more understandable and memorable
- Les dangers de l'eau au'on boit 2/ Les vers intestinaux (ascaris) Enquête auprès des élèves Avaz-vous su des vers dans des solles ? Conveent étaient-lis ? L'avep-vous dit à vos parents ? Qu'ont-les fait ? Enquête auprès d'un infirmier Est-os une majacle preve 7 'infirmier apporters si pessible un flacon contenant des ascaris.
- Detailed guidelines to structure a lesson

to make it usable in the field

Focus on essentials

For children, prevention education is most effective when employing multiple tools that are fun to use

Sample educational materials:

Comic for children from Tanzania



Radio spot from South Africa



Poster from Ecuador

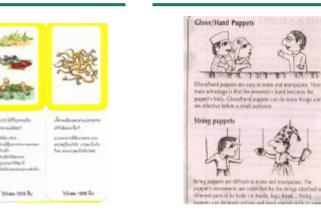


Calendar pages from various countries





Card game Teaching puppets from Laos from India



Exercise book from Congo



Simple registration forms enable low-cost tracking of overall coverage and individual continuous treatment

Control booklet from Ecuador



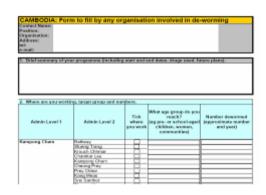
- Upper part used by health workers to track continuous treatment of individual child
- Lower part can be kept by child/mother to "visualize" treatment progress and success

Medical forms from Ecuador



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Registration forms from Cambodia

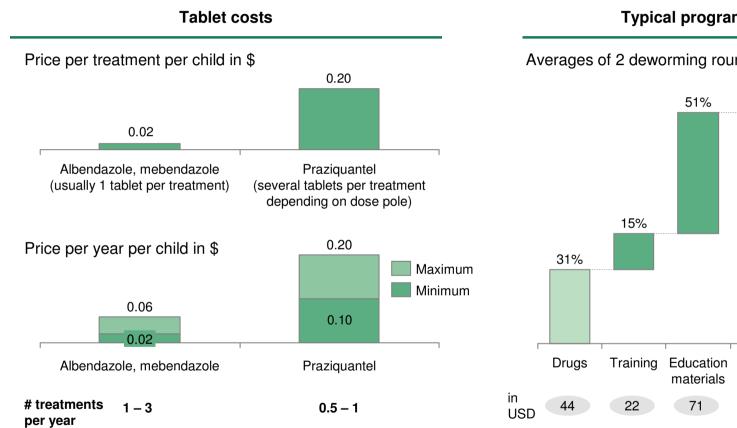


- Standardized form to report overall coverage of children according to district and age group
- Allows easy aggregation of data on a national level

Treatment monitoring can be integrated into child health cards to minimize the number of forms that are in use

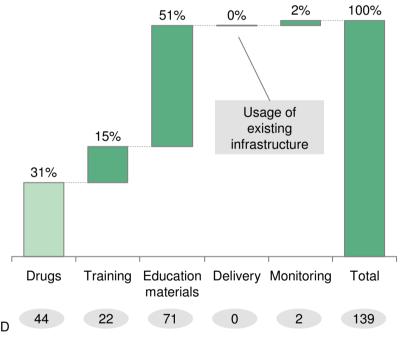
What it costs

Deworming tablets are relatively minor element of cost structure



Typical program cost structure

Averages of 2 deworming rounds in Cambodian schools



Low cost of drugs makes deworming strong candidate to link with other programs

^{1.} A mark-up of 15% for sea or 25% for air transportation and a 5–10% buffer for loss and theft should be factored in Source: "Action against worms." WHO, 2006; "School deworming. Joint statement." World Bank/WHO/UNICEF, 2003.; "Financial costs of deworming children in all primary schools in Cambodia." Sinuon et. al., 2004; REACH analysis

Centralized bulk purchasing reduces drug costs significantly

Especially important for high price praziquantel — less relevant for STH drugs

High SS drug prices ...

Complex synthesis process of the drug

Polluting production process that incurs additional costs

- High transportation costs as 8 out of 10 manufacturers² are located in Asia
- Lack of capacity as the profit margin for manufacturers is low
- Low number of manufacturers

Purchase

Production¹

- Absence of long-term funding impedes multi-year orders
- Relatively small quantities ordered for each program round

REACH Acting at Scale Guide Deworming v2.ppt

... create need for central purchasing ...

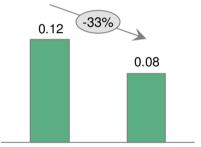
Available via WHO Web Buy or Schistosomiasis Control Initiative (SCI), which provide

- Quality assurance:
 - Prequalification of suppliers according to Good Manufacturing Practice (GMP)
 - Testing of batches
- · Lower prices through
 - Bundling of volumes and bulk purchasing
 - Multi-year contracts with manufacturers
 - Consolidated demand forecasts provided to manufacturers
- Monitoring of delivery timing
- Higher price transparency

... which has multiple benefits

1 Lower cost per drug

Unit cost for praziquantel in US\$ (example from SCI program)



- 2 Assured drug quality
- 3 National program managers not burdened with complex procurement

^{1.} Only applies to praiziquantel 2. Manufacturers that conform with international standards Source: "Action against worms. Issue7." WHO, 2006; REACH analysis

Where to go for further information

Key reference materials: Deworming

Normative guidance

- "Preventive chemotherapy in human helminthiasis. Coordinated use of anthelminthic drugs in control interventions: a manual for health professionals and program managers." WHO, 2006
- "Prevention and control of schistosomiasis and soil-trans-mitted helminthiasis. Joint Statement." WHO/UNICEF, 2004.
- "School deworming. Joint Statement." WHO/UNICEF/WB, 2003
- "Prevention and control of schistosomiasis and soil-trans-mitted helminths." WHO, 2002
- "Report of the WHO informal consultation on the use of praziquantel during pregnancy/ lactation and albendazole/ mebendazole in children under 24 months." WHO, 2002

Operational guidance

- "Helminth control in school-age children – A guide for managers of control programs." WHO, 2002
- "How to add deworming to vitamin A distribution." WHO/ UNICEF, 2004

Training materials

 Available from the Partner for Parasite Control webpage (www.who.int/wormcontrol/en)

In addition, the quarterly newsletter "Action against worms" by the Partners for Parasite Control (WHO) is a good source for practical tips

Organizations: Deworming (I)

	Organization	Description	Key activities
	WHO - Partners for Parasite Control • www.who.int/wormcontrol	 Joint initiative of UN agencies (hosted at WHO), academia and NGOs to fight schistosomiasis and STHs launched after the WHA in 2001 	AdvocacyGlobal monitoringKnowledge exchange
	UNICEFwww.unicef.org	 UN Nations Childrens' Fund 	ImplementMainly for children <5
Multilateral	WFPwww.wfp.orgUNHCRwww.unhcr.org	Emergency food aid organization of the UNUN refugee agency	 Implement Within school feeding Implement In refugee camps
	World Bank • www.worldbank.org	 International development bank 	 Funding Implement In FRESH school health programs

Organizations: Deworming (II)

	Organization	Description	Key activities
	Schistosomiasis Control Initiative • www.schisto.org	Established at Imperial College London in 2002 through Gates funding	 Country assistance in implementation Focus on Sub-Saharan Africe Secondary funding
NGO	CARE • www.care.org	 Humanitarian organization fighting global poverty 	ImplementIn multiple countries
	Partnership for Child Development • www.child- development.org	 NGO aimed at improving education, health and nutrition of school-age children in LICs 	ResearchKnowledge sharingAssistance in multiple country programs
Bilateral	Government of Japan • www.mofa.go.jp	 Government invests and actively supports deworming through Hashimoto Initiative 	 Funding Operates three regional training centres Runs technical training courses
Bilateral	CIDA • www.acdi-cida.gc.ca	 Development aid agency of Canada 	 Funding for WFP deworming programs within school feeding

Organizations: Deworming (III)

	Organization	Description	Key activities
Foundation	Bill and Melinda Gates Foundation • www.gatesfoundation.org	Active in global health	 Funding of PPC, SCI and the Sabin Institute for their deworming work
	Danish Bilharzia Laboratory • www.dblnet.dk	 Research institution specialized on bilharzia 	ResearchProvision of training, Implementation advice
Research	Johns Hopkins • www.jhu.edu	 University, School of public health 	 Research on drugs
	London School of Hygiene and Tropical Medicine • www.lshtm.ac.uk	 University specialized in international public health and tropical medicine 	Research on drugsTraining

Scaled-up programs: Deworming

Name/country	Implementing partners	Other information
Burkina Faso National Schistosomiasis and Soil- Transmitted Helminth Control Program (PNLSc)	Ministry of Health, Schistosomiasis Control Initiative	Over 1 M children had been treated
Cambodia school deworming program ¹	Ministry of Health with support from WHO and UNICEF	 Distribution through existing MoH and education system infrastructure and staff 2.8M school children covered
Deworming integrated into Democratic Republic of Congo's national vitamin A campaign	Ministry of Health	 Deworming fully integrated into mass campaign 10M children dewormed representing about 90% of the target group
National Control Program Guinea	Ministry of Health	 >1M school children treated (coverage 50%) Presence of schistosomes detected by urine and blood tests on children dropped by 70%
Nepal integration of deworming into national vitamin A campaign	Ministry of Health, UNICEF	
Nepal school deworming program ¹	Ministry of Health and ministry of Education and WF	 Deworming integrated into school feeding program ~512K tablets distributed with an estimated coverage of 91%
Vietnam school deworming program	Ministry of Health and ministry of Education	Existing infrastructure and staff used for delivery2.7M children dewormed, coverage of about 95%

^{1.} Initial case study provided

Appendix: experts consulted

Experts consulted during preparation of this document

Name	Organization and title	Area of expertise
Pramila Ghimire	WFP coordinator, Nepal	Implementation
Antonio Montresor	WHO, Focal point for helminth control in WPRO	Implementation, research