



StimNut: innovative community action research on psychosocial stimulation to improve care for severely malnourished children in Koutiala, Mali

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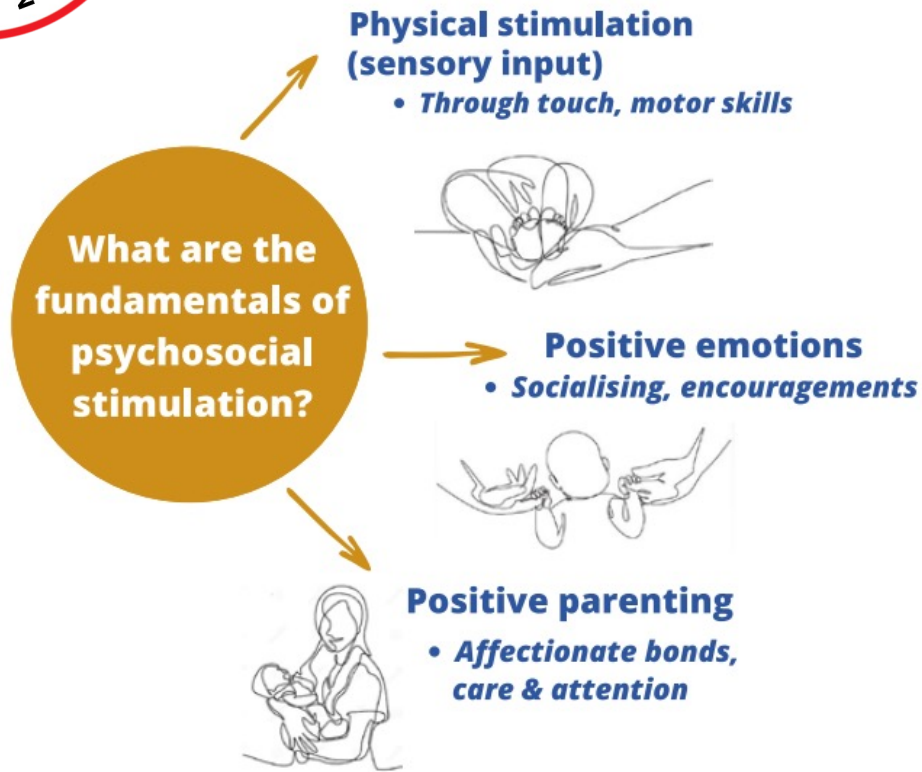
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CONTEXT




Psychosocial stimulation integrated into Severe Acute Malnutrition (SAM) treatment: StimNut




- Short- and long-term **benefits for cognitive and social development**
- Referred to in the **SAM treatment protocol** of the Malian Ministry of Health and Hygiene
- Strategies and interventions are not standardised and few resources are allocated
- Prevalence of SAM in children aged 6-24 months in Koutiala: 2.6%



METHOD

 **Study site:** 2 community health centres (CSCOM*) from MoH supported by MSF-OCP + paediatric ward of Koutiala hospital

 **Study population:** mother (or main caregiver)/child dyads

Data collection:

1. Standardised pre/post intervention **questionnaires** (measuring maternal mental health with the Dusukasi scale)
2. **Observations of interactions** between mothers and their children (measuring the quality of mother/child interaction using an adaptation of PICCOLO* tool)
3. **Semi-structured interviews** with parents/primary caregivers, psychosocial workers and healthcare staff.

✓ Inclusion criteria

- Child's age from 6 to 23 months
- Children treated at one of the study sites for SAM :
 - Transition phase (in hospital)
 - Rehabilitation phase (in CSCOM)
- Parent or accompanying person ≥ 16 years

MOH : Ministry of Health

PICCOLO: Parenting Interactions with Children: Checklist of Observations Linked to Outcomes

CSCOM: Community health centre





METHOD: PSYCHOSOCIAL INTERVENTION

Standard
nutritional
treatment



Manuel FUSAM :
5 psychosocial
stimulation sessions



- ✓ FUSAM: *Follow-Up of Severe Acute Malnourished* children
- ✓ 5 psychosocial stimulation sessions are offered to families in addition to the standard nutritional treatment.
- ✓ Exploring possible avenues and solutions for improving the care of severely malnourished children and supporting their parents in their role
- ✓ Supervision organised with an online psychologist trainer



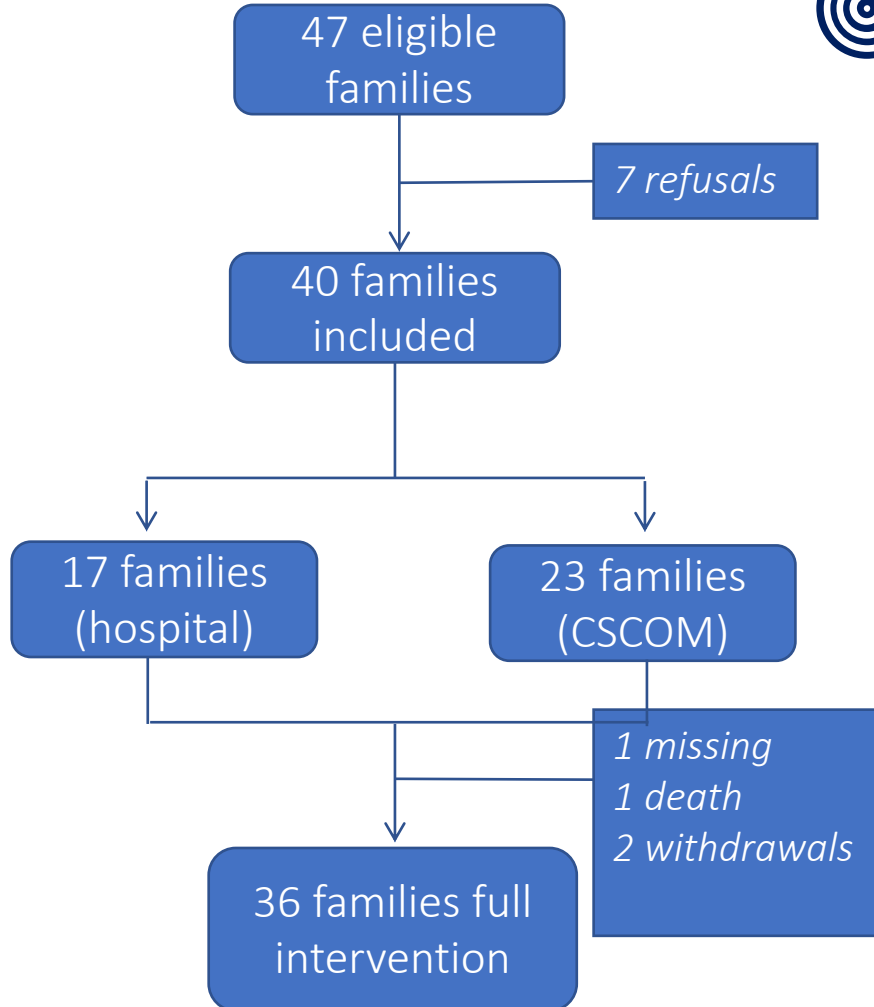


RESULTS





RESULTS of the intervention *(Feb-May 2023)*

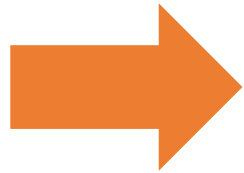


- 149 sessions offered to families by 3 psychosocial workers: 18 in hospital and 131 in CSCOM
- 36 children, 34 mothers, 8 other accompanying adults (husband, nephew, brother-in-law, father-in-law, uncle)
- 122 individual sessions and 27 group sessions (with 2-3 families)
- Median time per session: 54 min [40-64].





RESULTS



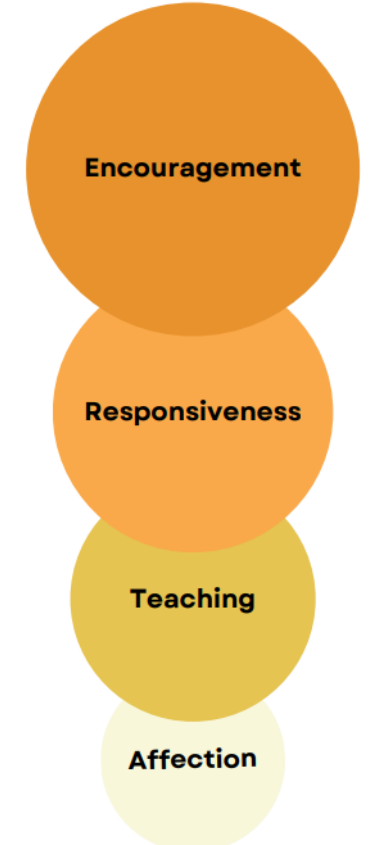
Improvement of maternal mental health
Improvement of mother-child interactions

	Pre-intervention	Post-intervention	p-value
Dusukasi - n (%)			
Threshold mean score < 1.03 (No symptoms of depression)	17 (47.2)	26 (72.2)	0.0011
Threshold mean score ≥ 1.03 (Symptoms of depression)	19 (52.8)	10 (27.8)	
PICCOLO - mean score	n=36	n=34	
Affection	12.5	13.7	0.000
Responsiveness	11.7	13.7	0.000
Encouragement	9.6	12.7	0.000
Teaching	4.6	6.4	0.0004

Maternal mental health

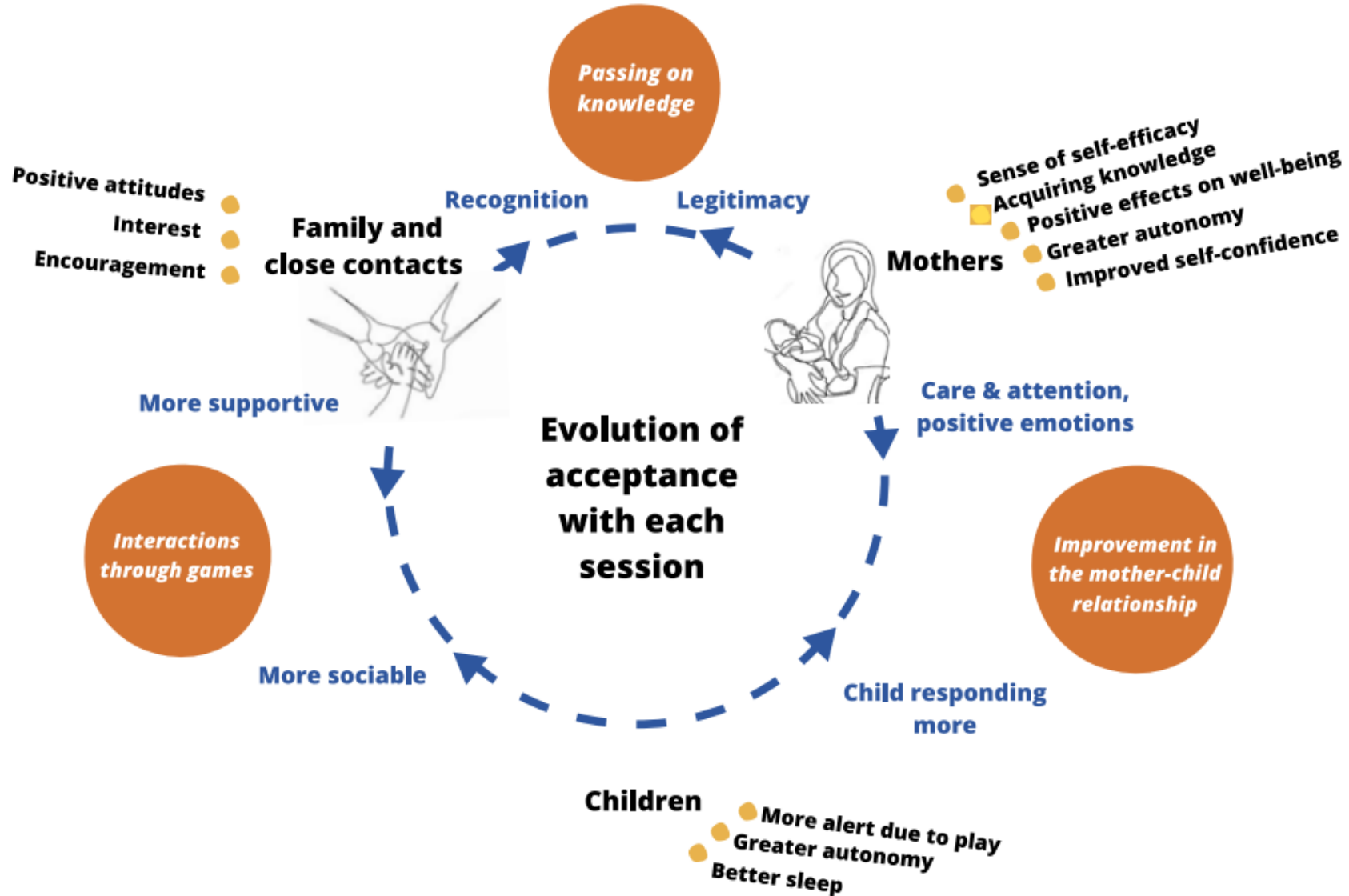


Mother-child interactions





RESULTS : acceptability of the mothers





RESULTS : acceptability of the mothers

"When I discuss with my co-wife, I tell her about the sessions we come here to do, and so does my husband when the three of us are sitting down and he asks me "What are you doing there? and I tell them what we talk about here". (Mother, aged 26)

"I had a child whose father tended to ignore (...) [now]. he plays with the child, even this morning when we called him he was playing with the child".

(Mother, aged 30)

Passing on knowledge

Legitimacy

Evolution of acceptance with each session

Child responding more

Children

- More alert due to play
- Greater autonomy
- Better sleep

"The day I arrived at the health centre, I was like a sick person, because if a woman is happy, it's because her child is happy too (...). Even breathing was difficult for me on the day I arrived at the health centre, I was restless all the time. The sessions helped me to relax".

(Mother, aged 30)



CONCLUSIONS / PERSPECTIVES



Feasibility of the intervention and good **acceptability** among mothers, health staff and psychosocial workers.



Great **synergy** between various stakeholders.



Encouraging results regarding **maternal and child health and well-being**.



The **transformative effect** of this study has enabled the continuation of psychosocial services within the care pathway of SAM children in Koutiala.



Needs identified in other contexts too → ongoing discussions for **scaling up** of the intervention. Proposal of a **framework** for the replication of psychosocial stimulation intervention in other MSF projects and/or contexts.



THANK YOU !!!

To all the families for their valuable time and contribution to the study as well as all members of the advisory, extended and selected committees.

MSF OCP

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- Abdoulaye GUINDO, Technical Advisor
- Youssouf DIAM SIDIBE, District Medical Officer



Ministère de la Santé
et des Affaires Sociales

Traditional authorities

- Abdoulaye Daga THERA, Prefect
- Zoumana MALLE, cercle council

This study has been reviewed and approved by the Ethics Review Board (ERB) of my institution (ID:2201) and has local ethics approval in Mali, in accordance with local requirements.





MORE INFORMATION

In French

<https://epicentre.msf.org/stimnut-une-recherche-action-communautaire-innovante-de-stimulation-psychosociale-pour-ameliorer-0>

In English

<https://epicentre.msf.org/en/stimnut-innovative-community-led-research-action-psychosocial-stimulation-intervention-improve>

https://www.youtube.com/watch?v=1FNGY43QOV8&embeds_referring_euri=https%3A%2F%2Fepicentre.msf.org%2F&feature=emb_imp_woyt

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