



United Nations High Commissioner for Refugees

## ESSENTIAL REFERENCE COLLECTION: HEALTH AND NUTRITION

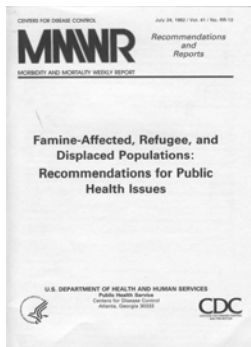


**Health and Community Development Section  
SEPTEMBER 2001, REV. 1**

*This collection is compiled by the Health and Community Development Section in order to meet the needs of UNHCR Health Co-ordinators working in the field who may not have easy access to essential reference materials.*

H - 1

**Famine-Affected, Refugee, and Displaced Populations: Recommendations for Public Health Issues** (CDC, 1992)

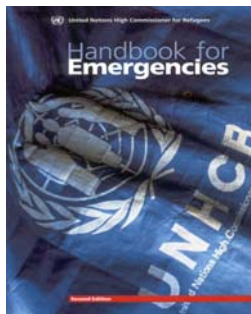


**Primary Audience:** *Public health professionals involved in dealing with issues on international disaster preparedness and refugee activities.*

A compilation of knowledge/experience accumulated through CDC's long-standing institutional commitment to the problem of famine-affected, refugee, and displaced populations. Provides guidance on technical issues for those involved in relief programmes.

H - 2

**Handbook for Emergencies** (UNHCR, 1999)



**Primary Audience:** *UNHCR staff working in emergency situations.*

Provides useful guidance to cope with the swift and increasingly dangerous nature of fresh displacement. Stresses the importance of pre-emergency planning, as well as planning throughout every stage of a crisis. Focuses on setting co-ordination priorities, as well as contingency and operational planning. Provides information on staff safety, working with military personnel, and ways of coping with personal stress.

H - 3

**Health and Nutrition Unit Co-ordination Workshop, Kampala** (UNHCR, 1998)



**Primary Audience:** *UNHCR Health and Nutrition Co-ordinators.*

A report on the workshop held in order to define priority roles and responsibilities of UNHCR Health and Nutrition Co-ordinators; review existing international/internal standards, policies and practices in health and nutrition; review collaboration issues both outside and within UNHCR; and consolidate HNU team building.

H - 4

**Health Library for Disasters,**  
(WHO/PAHO/ICRC/UNHCR/  
Sphere Project/UNICEF, 2001)

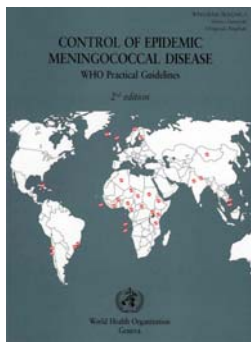


**Primary Audience:** *UNHCR staff working in emergency situations.*

This CD-Rom contains essential information resources on public health for disasters and complex emergencies.

H - 5

**Control of Epidemic Meningococcal Disease:**  
**WHO Practical Guidelines** (WHO, 1998)

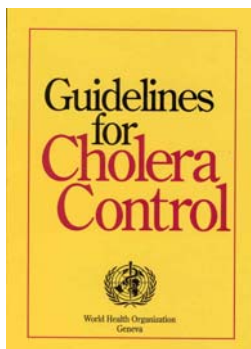


**Primary Audience:** *Physicians, lab workers and health care administrators.*

Provides comprehensive information on epidemiology and standard techniques for diagnosis, treatment, prevention, and control of Meningococcal disease both in its epidemic and endemic forms.

H - 6

**Guidelines for Cholera Control** (WHO, 1993)

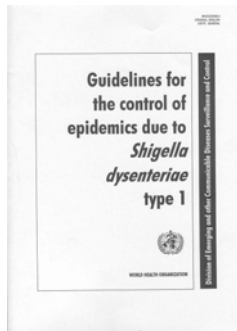


**Primary Audience:** *Diarrhoeal disease control programme managers.*

Sets out the facts and advice needed to guide public health actions in response to an outbreak of cholera in order to make most effective decisions, whether concerning the selection of medical supplies or the emergency response to an epidemic.

H - 7

**Guidelines for the Control of Epidemics due to Shigella Dysenteriae Type 1** (WHO, 1995)

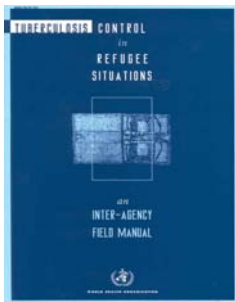


*Primary Audience: National health authorities, public health officers, and health care providers.*

Assists the efforts to prevent and/or treat Sd1 disease. Describes the epidemiology, clinical features and management of disease caused by Sd1, and interventions that can reduce both the incidence of Sd1 infections and mortality due to Sd1 disease.

H - 8

**Tuberculosis Control in Refugee Situations: An Inter-Agency Field Manual** (WHO, 1997)



*Primary Audience: Operational agencies, donor agencies and field managers.*

Serves as a tool in the implementation, monitoring, and evaluation of TB programmes in refugee situations. The principles of a TB control programme presented are: integration into the primary health care services; and consistency with the overall goals of relief activities.

H - 9

**TB/HIV: A Clinical Manual** (WHO, 1996)

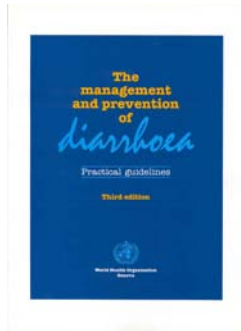


*Primary Audience: Busy clinicians.*

A guide to the clinical management of TB, particularly in patients suffering from co-infection with HIV. Aims to promote the best possible diagnosis and treatment in low-income countries where the prevalence of TB and HIV infections is high, caseloads are heavy, and lab support may be limited. Combines the latest scientific knowledge on these diseases with authoritative advice based on extensive field experience in several of the hardest hit countries.

H - 10

**The Management and Prevention of Diarrhoea: Practical Guidelines** (WHO, 1993)

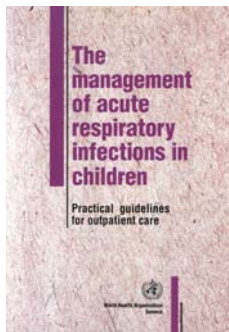


*Primary Audience: Health workers.*

Teaches how to assess diarrhoea and dehydration, treat cases effectively, and convince community members to adopt preventive practices. Uses didactic approach and simple language supported by charts, tables, checklists, and illustrations to help readers absorb information and acquire the full range of essential skills.

H - 11

**The Management of Acute Respiratory Infections in Children: Practical Guidelines for Outpatient Care** (WHO, 1995)

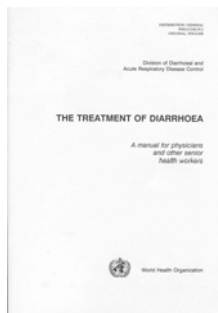


*Primary Audience: Staff in first-level health facilities.*

A guide to the management of respiratory infections in infants/young children. Explains how to assess, recognise symptoms, classify the illness, and provide treatment, whether involving immediate referral to hospital treatment with antibiotics at home, or simple home care. Helps staff distinguish the few, very sick children from those whose infections can be safely treated at home. Offers advice on the recognition and urgent management of danger signs.

H - 12

**The Treatment of Diarrhoea: A manual for physicians and other senior health workers** (WHO, 1995)

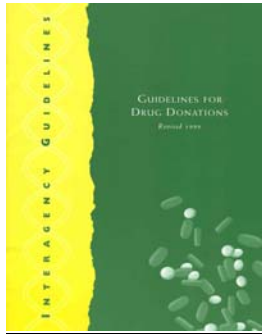


*Primary Audience: Physicians and other senior health workers.*

Describes the principles and practices of treating infectious diarrhoea, especially in young children. Reflects clinical experience and research findings in diarrhoea case management. Provides details on management of bloody diarrhoea (dysentery) and cholera, and includes guidelines on the management of children with persistent diarrhoea and diarrhoea with severe malnutrition.

H - 13

**Guidelines for Drug Donations** (WHO, 1999)

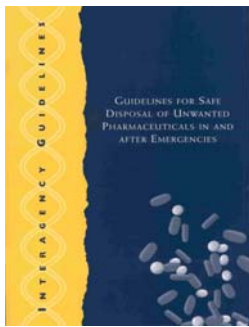


*Primary Audience: Governments and organisations dealing with drug donations.*

Based on several rounds of consultations and comments by over 100 humanitarian organisations and individual experts. Intends to serve as a basis for national or institutional guidelines, to be reviewed, adapted and implemented. Starts with a discussion on the need for guidelines, followed by a presentation of four core principles for drug donations. When necessary for specific situations, possible exceptions to the general guidelines are indicated.

H - 14

**Guidelines for Safe Disposal of Unwanted Pharmaceuticals in and After Emergencies** (WHO, 1999)



*Primary Audience: Relevant health authorities and NGOs with pharmaceutical programmes.*

These guidelines provide advice on the implementation of safe disposal of unusable pharmaceuticals in emergencies and in countries in transition where official assistance and advice may not be available. A number of methods of safe disposal are described.

H - 15

**Emergency Relief Items: Compendium of Basic Specifications** (WHO, 1999)



*Primary Audience: Donor governments, national governments/institutions in recipient countries, and procurement officials of the UN system and within NGOs and donor agencies involved in the acquisition of emergency relief items.*

A catalogue covering a series of items for emergency relief, encouraging the standardisation of medical supplies and equipment. Facilitates the acquisition of suitable relief items from as many qualified suppliers as feasible, in a cost efficient manner. Lists by product groups the complete basic specifications for all selected items, together with information on shipping weight/volume. Includes the list of essential drugs required during the initial phase of an emergency, along with guidelines for donation of medical items.

H - 16

**The New Emergency Health Kit 98** (WHO, 1998)

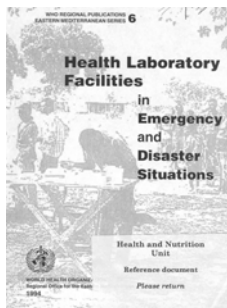


**Primary Audience:** *Health administrators, field officers, and prescribers.*

Standard lists of essential drugs and medical supplies for use in an emergency, aiming at standardisation of drugs and medical supplies used in an emergency to permit a swift and effective response with supplies that meet priority health needs. Provides general introduction on essential drugs and supplies in emergency situations as well as technical details on the selection of drugs, medical supplies and equipment included in the kit.

H - 17

**Health and Laboratory Facilities in Emergency and Disaster Situations** (WHO, 1994)

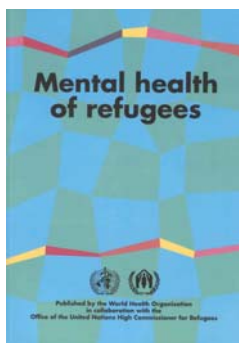


**Primary Audience:** *National health authorities, aid agencies and relief workers.*

A comprehensive, illustrated guide to the provision of prompt and appropriate laboratory services during an emergency or disaster. Draws on over 20 years of experience to define the essential laboratory services needed to limit morbidity and mortality, prevent epidemics, manage trauma, and collect vital epidemiological data. Flow charts, tables, and checklists are used to illustrate key actions and procedure, while illustrations depict essential equipment, types of laboratories, and model plans of layouts.

H - 18

**Mental Health of Refugees** (WHO/UNHCR, 1996)

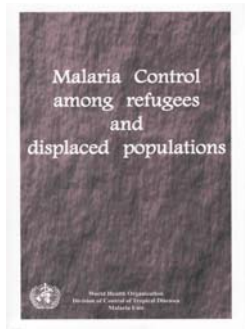


**Primary Audience:** *Relief workers, community workers, primary health care workers, primary school teachers and others who provide support to refugees and other displaced persons who have fled war or disaster.*

A manual intended to help with recognising people having high levels of stress, teaching them how to cope with their stress; understanding what "functional complaints" are and recognise and help people with such complaints; helping refugee women who have been raped; understanding the mental health and development needs of refugee children; understanding traditional medicine/working with traditional healers; recognising common mental disorders; dealing with alcohol and other drug problems; and helping victims of torture and other violence.

H - 19

**Malaria Control among refugees and displaced populations** (WHO, 1996)

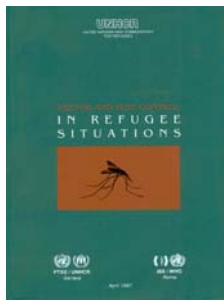


*Primary Audience: Agencies assisting refugees and displaced populations in tropical countries.*

Guidelines to be used as a complement to more general guides on assisting and providing health care for refugees that are issued by various agencies. Also aimed at facilitating understanding of the malaria problem and communication between generalists and specialists.

H - 20

**Vector and Pest Control in Refugee Situations** (UNHCR/WHO, 1997)

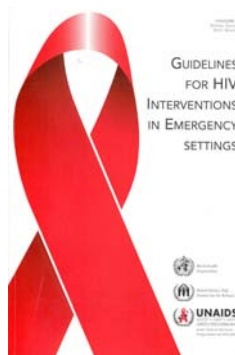


*Primary Audience: Vector control personnel working during crisis situations in refugee camps in East Africa.*

The manual reflects the vector control problems encountered in refugee camps in the Great Lakes Region of East Africa and proposes a systematic approach to resolving them in the short-term through chemical means and, over the long-term, through environmental sanitation combined with health education for the communities concerned.

H - 21

**Guidelines for HIV Interventions in Emergency Settings** (UNHCR/WHO/UNAIDS, 1996)

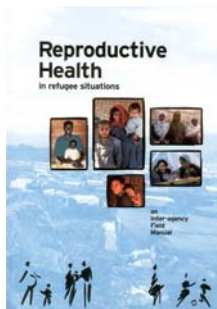


*Primary Audience: Governments and co-operating agencies, including the UN agencies and NGOs.*

Provides guidelines to adopt, at the earliest opportunity, the measures necessary to prevent the rapid epidemic spread of HIV in emergency situations, and to care for those already affected.

H - 22

**Reproductive Health in Refugee Situations: An Inter-Agency Field Manual**  
(WHO/UNFPA/UNHCR, 1999)



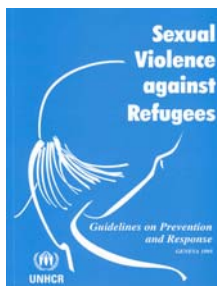
**Primary Audience:** *Field managers of health services in refugee situations.*

Serves as a tool to facilitate discussion and decision-making in the planning, implementation, monitoring and evaluation of reproductive health interventions, and guides field staff in introducing and/or strengthening reproductive health interventions in refugee situations, based on refugees' needs and demands, and with full respect for their beliefs and values. Advocates for a multi-sectoral approach to meeting the reproductive health needs of refugees and fosters co-ordination among all partners.

(Available in French, Portuguese, Russian and Spanish upon request).

H - 23

**Sexual Violence against Refugees: Guidelines on Prevention and Response** (UNHCR, 1995)



**Primary Audience:** *Field workers and others who come into contact with refugees.*

Provide guidelines to address ways to combat the occurrence of sexual violence and how to respond when incidents occur. Emphasises the need for education, training, and information campaigns. Underlines the need for refugees, and in particular, refugee women, to receive legal awareness training, leadership and skills training, and education.

(Available in French upon request).

H - 24

**The Reproductive Health Kit for Emergency Situations** (UNFPA, 1999)

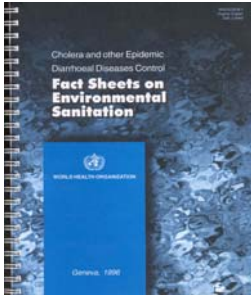


**Primary Audience:** *Field managers of health services in emergency and refugee situations.*

A field testing version. Facilitates the timely and appropriate delivery of RH services in an emergency and in initiating activities in refugee situations. Provides information on Modus Operandi for obtaining the Kit as well as on composition of the Kit.

H - 25

**Fact Sheets on Environmental Sanitation:  
Cholera and other Epidemic Diarrhoeal Disease  
Control** (WHO, 1996)

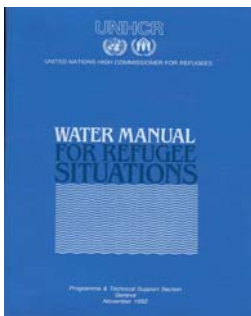


**Primary Audience:** *Those dealing with the difficult task of identifying priorities and promoting and implementing programmes in environmental sanitation at the country level.*

Consolidates concepts, procedures and techniques developed by different authors for the prevention and control of cholera and other epidemic diarrhoeal diseases through improved environmental sanitation practices. Issues of relevance to the prevention and control of cholera and other epidemic diarrhoeal diseases, identified in many different publications, are presented as far as possible in a comprehensive and practical way. Covers the following major areas: planning; water supply; sanitation; and hygiene education.

H - 26

**Water Manual for Refugee Situations** (UNHCR, 1992)

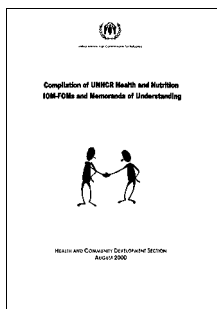


**Primary Audience:** *Technicians and others who are involved in the provision of assistance to refugees.*

Explains the technical characteristics and functioning of components, structures and equipment that form part of a refugee water supply system. Provide UNHCR's technical guidelines and criteria for the design, operation and maintenance of the water systems, as well as for the technical management of construction and operation of projects.

H - 27

**Compilation of UNHCR Health and Nutrition  
IOM-FOMs and Memoranda of Understanding**  
(HCDS, 2000)



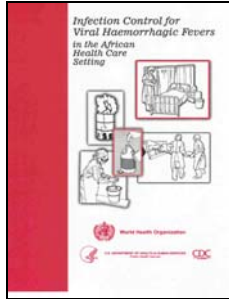
**Primary Audience:** *UNHCR staff and partners.*

A Compilation IOM-FOMs as well as MOUs signed between UNHCR and other agencies in the areas of health and nutrition.

H - 28

**Infection Control for Viral Haemorrhagic Fevers in the African Health Care Setting** (WHO/CDC, 1998)

*Primary Audience: UNHCR health staff.*

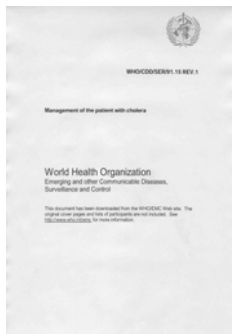


The manual describes a system for using VHF Isolation Precautions to reduce the risk of transmission of VHF in the health care setting. Although the information and recommendations are intended for health facilities in rural areas in the developing world, they are appropriate for any health facility with limited resources.

H - 29

**Management of the Patient with Cholera**, (WHO, 1991)

*Primary Audience: UNHCR health staff.*

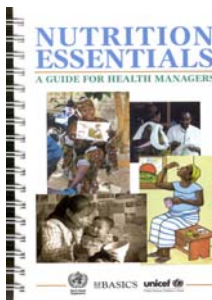


This manual describes the methods and procedures to be followed when providing care to patients showing symptoms of and having being diagnosed with cholera.

N - 1

**Nutrition Essentials: A guide for health managers** (WHO/Basic/UNICEF, 1999)

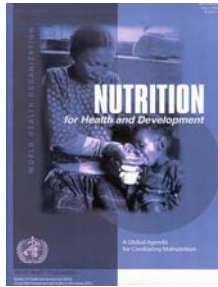
*Primary Audience: Health managers and practitioners in the field.*



Provides the most recent nutrition protocols and guidelines, technical guidance for integrating nutrition in health services, checklists for programme planning, training, supervision/evaluation, forming community partnerships, and supporting nutrition interventions.

N - 2

**Nutrition for Health and Development: A global agenda for combating malnutrition** (WHO, 2000)

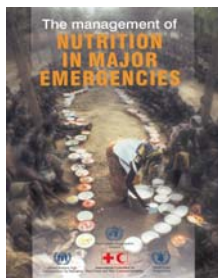


*Primary Audience:* Those working in the area of health and nutrition.

Summarises WHO's approach to combating the major forms of malnutrition and describes the related technical support that the organisation is providing to its member states. Summarises activities and achievements in the programme's seven priority action areas, namely, PEM, micro-nutrient malnutrition, obesity, infant and young child feeding, national nutrition policy and planning, nutrition in emergencies, and food aid for development.

N - 3

**The Management of Nutrition in Major Emergencies** (WHO/UNHCR/WFP/IFRC, 2000)

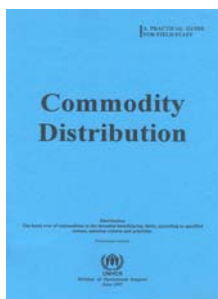


*Primary Audience:* Health, nutrition, and other professionals involved in the management of major emergencies with a nutrition component.

Deals with initial nutritional assessments; meeting nutritional requirements; identifying major nutritional deficiencies in emergencies; assessment and surveillance of nutritional status; calculating food needs for general and/or selective feeding programmes; prevention and treatment of nutritional deficiencies; monitoring of the nutritional status and food availability in households; and, in addition to prevention, treatment and control of communicable diseases.

N - 4

**Commodity Distribution: A practical guide for field staff** (UNHCR, 1997)



*Primary Audience:* UNHCR field staff and operational partners.

Outlines procedures in the design and implementation of systems. Offers techniques and ideas based on current practice which must be adapted to the particular circumstances of an operation. Does not cover need assessment, planning of rations, and logistics of distribution.

N - 5

**Guidelines for Locating EDPs and Operating EDP Storage Facilities** (WFP/UNHCR, 1997)

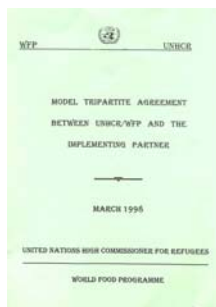


*Primary Audience: WFP, UNHCR and IP staff both at HQ and in the field.*

Addresses the requirements set out in paragraph 5.2 of the MOU (regarding location of EDP). Assists in identifying the responsibilities of WFP and UNHCR at operational level.

N - 6

**Model Tripartite Agreement between UNHCR/WFP and the Implementing Partner on the Distribution of WFP and UNHCR Supplied Food Commodities** (WFP/UNHCR, 1998)

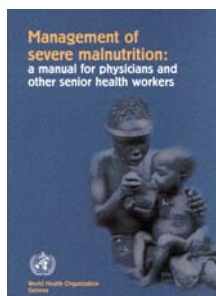


*Primary Audience: WFP, UNHCR and IP staff both at HQ and in the field.*

Clarifies distribution modalities and reporting responsibilities of the IPs of UNHCR whose designation shall be jointly agreed by UNHCR and WFP.

N - 7

**Management of Severe Malnutrition: A manual for physicians and other senior health workers** (WHO, 1999)

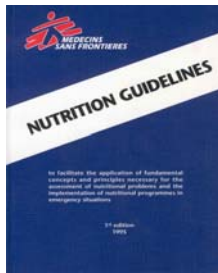


*Primary Audience: Health personnel working in the medical facilities at central and district level, including physicians, nurses, midwives and auxiliaries.*

Provides practical guidelines for the management of patients with severe malnutrition, focusing on treatment of severely malnourished children (below 5 years of age) in hospitals and health centres. The treatment of severely malnourished adolescents and adults is also briefly described. Promotes the best available therapy so as to reduce the risk of death, shorten the length of time spent in hospital, and facilitate rehabilitation and full recovery.

N - 8

**Nutritional Guidelines** (MSF, 1995)

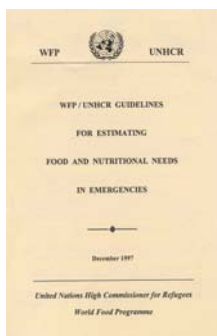


*Primary Audience: Field workers working in nutritional programmes in emergency situations.*

Facilitates the application of fundamental concepts and principles necessary for the assessment of nutritional problems and the implementation of nutritional programmes in emergency situations. Describes nutrition strategies in emergency situations, and how to conduct rapid nutrition surveys and set up selective feeding programmes.

N - 9

**WFP/UNHCR Guidelines for Estimating Food and Nutrition Needs in Emergencies** (WFP/UNHCR, 1997)

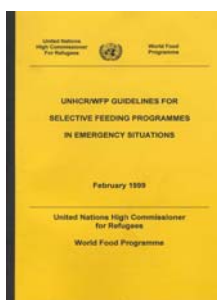


*Primary Audience: WFP, UNHCR and IP staff both at HQ and in the field.*

Provides guidelines in calculating food rations for refugees. Describes basic principles, need for an initial reference value for emergency feeding and its adjustment. Furthermore, describes which factors to take into consideration when establishing ration levels and some examples of adequate food rations.

N - 10

**WFP/UNHCR Guidelines for Selective Feeding Programmes in Emergency Situations** (WFP/UNHCR, 1999)

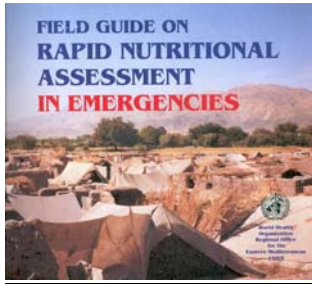


*Primary Audience: WFP, UNHCR and IP staff both at HQ and in the field.*

Provides guidance in the management (design, implementation, and monitoring and evaluation) of selective feeding programmes in both emergencies and protracted relief situations. Describes the basic principles and design elements concerning food and nutrition related aspects of selective feeding programmes in emergency and relief situations. Addresses effective response and nutrition rehabilitation. Does not deal with medical and other care approaches.

N - 11

**Field Guide on Rapid Nutritional Assessment in Emergencies** (WHO, 1995)



*Primary Audience: WFP, UNHCR and IP staff both at HQ and in the field.*

This guide is intended for all those who are faced with the need to make rapid but reliable estimates of the nutritional situation in an emergency as a basis for subsequent action. It provides a simple step-by-step procedure for carrying out a rapid survey of nutritional status from the selection of the survey sample and methodology to the analysis and interpretation of results. The steps are easy to follow yet they are based on sound scientific principles and yield reliable data for planning appropriate intervention.