

WEIGHT AND HEIGHT MEASUREMENT

PURPOSE:

1. To obtain accurate weight and height of each resident.
2. To maintain constant control of weight changes.
3. To assess nutrition and hydration status of resident.
4. To identify significant change in condition.

NOTE: RESIDENTS ARE WEIGHED ON ADMISSION, ONE TIME PER WEEK FOR 4 WEEKS AFTER ADMISSION, AND THEN MONTHLY UNLESS OTHERWISE ORDERED BY THE ATTENDING PHYSICIAN TO MONITOR THE RESIDENT'S CONDITION. RESIDENT'S HEIGHT IS MEASURED ON ADMISSION. RESIDENTS ARE TO BE WEIGHED UPON READMISSION WHEN THE LOA IS LONGER THAN 24 HOURS. WEIGHT WILL BE MEASURED ONE TIME PER WEEK FOR 4 WEEKS AFTER READMISSION.

EQUIPMENT:

1. Scale.
2. Wheelchair if necessary.
3. Tape measure.

PROCEDURE:

1. Assist resident to lie flat on back in bed; measure resident from top of head to tip of heels. If resident is in a contracted position and unable to lie flat, measure from top of head to tip of spine. Then measure from tip of spine to popliteal space and from popliteal space to tip of heel. Add measurements.
2. Assist resident into wheelchair if necessary. Place wheelchair on scale platform properly, according to manufacturer's directions. Resident may step up to scale platform for weight, if able.
3. Weigh according to manufacturer's directions and subtract weight of wheelchair from total weight to obtain resident's weight.
NOTE: Scales will be checked monthly for accuracy by using a standard weighted item. If the scale during the check is off more than +/- .5 lb., the scale should be calibrated per manufacturer's instructions. The scale will not be used until the calibration is complete. Wheelchair and upright scales should be checked using a standard weighted item if the scale location is moved.
4. Remove resident from scale and return resident to room. Leave in comfortable position with call light within reach.

NOTE: IF RESIDENT IS UNABLE TO SIT IN WHEELCHAIR, USE SCALE ON MECHANICAL LIFT. SEE PROCEDURE FOR MECHANICAL LIFT AND FOLLOW MANUFACTURER'S DIRECTIONS FOR USE.