

## **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 AND MONTHLY UNLESS OTHERWISE ORDERED BY NURSING ORDER OR THE ATTENDING PHYSICIAN TO MONITOR THE RESIDENT'S CONDITION. RESIDENT'S HEIGHT IS MEASURED ON ADMISSION.

### **EQUIPMENT:**

1. Scale.
2. Weight record.
3. Wheelchair if necessary.
4. 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.
3. Weigh according to manufacturer's directions and subtract weight of wheelchair from total weight to obtain resident's weight.
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.