

SECTION: NURSING SERVICES

POLICY #: 416 HEIGHTS AND WEIGHTS

POLICY: Central Valley Health District nurse will conduct height and weight measurements for client requesting the service.

HEIGHT MEASUREMENT PROCEDURE:

ADULTS and CHILDREN OVER 24 MONTHS OF AGE:

1. Cover the platform with a disposal cloth.
2. Remove shoes and outer clothing along with any bows or clips from the hair.
3. Position client with head and shoulders back, eyes straight ahead, heels and buttocks touching wall, feet together flat on floor and arms at sides.
4. Read height by lowering right-angle board until it gently touches client's head.
5. Record measurement to the nearest 1/8 inch.

INFANTS AND CHILDREN UNDER 24 MONTHS OF AGE:

1. Use recumbent position. Infant length board is used.
2. Cover board with disposal cloth.
3. Remove bows and clips from hair.
4. Measurement is done with 2 people. (assist in holding the head forward)
5. Head is held against the headboard, knees together. Foot board rests against heels.

WEIGHT MEASUREMENT PROCEDURE:

INFANTS UP TO 24 MONTHS:

1. Place disposable cloth on bottom of infant scale and adjust scale to zero.
2. Remove shoes and outer clothing. Preferably down to clean diaper.
3. Place infant on scale.
4. Record weight to nearest 1/2 ounce.
5. Return scale to zero after weight is taken.

CHILDREN AND ADULTS:

1. Remove outer clothing and shoes.
2. Balance scale before each weighing.
3. Participant stands in the center of the scale.
4. Record weight to nearest 1/4 pound.
5. Return scale to zero after weight is taken.