POLICY & PROCEDURE NUMBER:
DEPARTMENT: *Nursing* **SUBJECT:** ***Height & Weight Management***

APPROVAL DATE: Feb. 4, 1998 **REVISION DATE: March 2023**
REVIEW DATE: Oct. 2019; Dec. 2020; March 2022

PURPOSE:

- To monitor the resident's weight and height as a parameter of nutritional status.
- To ensure that appropriate interventions occur in a timely manner whenever a resident experiences significant unplanned weight change.
- To establish each resident's height and body mass index as determining factors in calculating nutritional requirements.

PROCEDURE:

1. Each resident's weight is taken by the Personal Support Worker (PSW) at the following times and documented in Point Click Care:
    - on admission (ideally within 24 hours of admission; by the first bath/shower day after admission at the latest)
    - monthly thereafter, as per the bath schedule (ideally first bath/shower of the month)
    - more frequently, as requested by the Registered Dietitian (RD) or physician
    - annually, as per Fixing Long-Term Care Act 2023 and Regulation 246/22

2. On admission, registered staff will be responsible for recording the resident's height. Annually, the height will be completed by the Registered Dietitian. Heights will be documented in Point Click Care.

3. If the resident's weight from the previous month shows an increase or decrease of more than 2.5kg/5lbs, the PSW will re-weigh the resident and/or verify the accuracy of the scale. Initial and re-weighs will both be documented in Point Click Care, as well as communicated to the registered staff.

4. If there is a significant unplanned weight change, confirmed by the re-weigh, registered staff must notify the Registered Dietitian by completing the Diet Requisition/Nutrition Referral in Point Click Care (Assessments).

5. The Registered Dietitian will investigate the weight change and plan interventions as appropriate. The Registered Dietitian will also note weight changes over longer periods and investigate/plan interventions for changes greater than 5% over 1 month, 7.5 % over 3 months and greater than 10% over 6 months. See Dietary Policy Manual: Weight Change Management for additional details on the role of the Registered Dietitian. The RD will maintain a 12 month spreadsheet.

6. The Registered Staff will notify the physician of any significant weight loss or gain so she/he can also assess the resident, as needed.

7. The Maintenance Staff will ensure that scales are calibrated on a regular basis, per manufacturer's instructions.

PROCEDURE FOR WEIGHING RESIDENTS

1. **General Instructions**
   - Ideally on the first scheduled bath/shower of the month
   - At the same time of day
   - Without clothing, preferably, or in the same amount of clothing each time
   - After voiding

2. **Weighing Ambulatory Residents**
   - Explain the procedure to the resident, as able.
   - Assist the resident to the scales and provide assistance getting onto the scale.
   - Instruct the resident to hold on to the support bar on the scale.
   - Document the resident's weight in Point Click Care.

3. **Weighing Residents with a Lift-Scale.**
   - Follow manufacturer's instructions to properly position and secure the resident in the sling and to set the weighing system.
   - Carefully lift the resident until he/she is no longer in contact with the chair or bed.
   - When all motion has stabilized, note the weight.
   - Carefully lower the resident after reading the weight and return him/her to bed or chair.
   - Document the resident's weight in Point Click Care.

PROCEDURE FOR TAKING RESIDENT'S HEIGHT

1. **General Instructions**
   - Explain the procedure to the resident
   - Ensure bed is flat, no incline
   - Using a measuring tape, measure from the top of the resident's head to the bottom of their feet
   - Record the resident's height in Point of Care

Non-Weight Bearing Residents

Ulna (Forearm) Length Measurement:
A measurement of ulnar length can be used to *approximate* height.

i. Explain the procedure to the resident.
ii. Using a measuring tape, measure between the point of the elbow and the midpoint of the prominent bone of the wrist.
iii. Height in centimetres is determined from the following chart, based on the ulna length as measured in centimetres.

MEN

< 65 years	194	193	191	189	187	185	184	182	180	178	176	175	173	171
> 65 years	187	186	184	182	181	179	178	176	175	173	171	170	168	167
Ulna length (cm)	32.0	31.5	31.0	30.5	30.0	29.5	29.0	28.5	28.0	27.5	27.0	26.5	26.0	25.5

< 65 years	169	167	166	164	162	160	158	157	155	153	151	149	148	146
> 65 years	165	163	162	160	159	157	156	154	152	151	149	148	146	145
Ulna length (cm)	25.0	24.5	24.0	23.5	23.0	22.5	22.0	21.5	21.0	20.5	20.0	19.5	19.0	18.5

WOMEN

< 65 years	184	183	181	180	179	177	176	175	173	172	170	169	168	166
> 65 years	184	183	181	179	178	176	175	173	171	170	168	166	165	163
Ulna length (cm)	32.0	31.5	31.0	30.5	30.0	29.5	29.0	28.5	28.0	27.5	27.0	26.5	26.0	25.5

<65 years	165	163	162	161	159	158	156	155	154	152	151	150	148	147
> 65 years	161	160	158	156	155	153	152	150	148	147	145	144	142	140
Ulna length (cm)	25.0	24.5	24.0	23.5	23.0	22.5	22.0	21.5	21.0	20.5	20.0	19.5	19.0	18.5

References: "Malnutrition Universal Screening Too" (MUST)
www.bapen.org.uk (htt)