

**Measuring and Weighing Patients**

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**Law requires it to be done on admission.**

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**Weight Changes indicates patient's condition.**

- **A baseline (original) weight on admission.**
- **Indicator of nutritional status.**
- **Indicator of diuretic therapy.**
- **Drug doses based on weight.**
- **May be recorded in pounds (lb) or kilograms(kg)**
- **You will not need to convert- scales will be calibrated.**

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**Obtaining accurate weight.**

- **1) Balance scale @ "0"**
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- **2) Empty bladder.**
  
- **3) Same time of day.**
  
- **4) Same garments.**
  
- **5) Same scale.**

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### **Standing Balance Scale**

- 1) Lower bar indicates weights in 50-lb. increments.
- 2) Upper bar indicates one-quarter-pound increments.
- 3) Even- numbered pounds are marked with numbers.
- 4) Long line between each number indicates odd-numbered pounds.
- 5) Small lines indicate one-quarter pound.
- 6) The two bars are added together.

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### **Procedure- Weighing patient on upright scale.**

- 1) Take patient TO scales.
- 2) Place paper towel on platform.
- 3) Balance scale at zero (extreme left)
- 4) Remove shoes- Arms at side.
- 5) Move large weight to the right to the closest estimated weight.
- 6) Move small weight to the right until the balance bar hangs freely halfway between upper and lower bar guides.

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### **Weighing the patient on a chair scale.**

- 1) Take patient T0000 scale in wheelchair.
- 2) Transfer patient to chair on scale.
- 3) Walk behind the scale to obtain the reading.
- 4) Transfer patient back into own wheelchair and secure their safety.

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**Measuring weight using an electronic wheelchair scale.**

- 1) Weigh EMPTY wheelchair.
- 2) Help patient into wheelchair.
- 3) Take patient T0000000 scale.
- 4) Open metal ramp sides on scale
- 5) Press "on" button, wait for zero's.
- 6) Roll wheelchair with patient onto platform. Lock wheelchair wheels.
- 7) Digital readout will show weight, subtract wheelchair weight.

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**Measuring patient using an overbed scale.**

- 1) Inspect sling for any frayed areas.
- 2) Lower side rail on your side, making sure rail is up on other side.
- 3) Roll patient away from you, position half of sling under patient.
- 4) Position lift frame over bed with base legs in maximum open position, LOCK.
- 5) Elevate HOB, patient to sitting position.
- 6) Attach straps to frame- Now get help

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**Measuring a patient using the upright scale.**

- 1) Most patients in skilled nursing facilities are unable to balance on the platform.
- 2) Take the patient to the scale, remove shoes.
- 3) Place paper towel on platform.
- 4) Face patient away from the balance bar.
- 5) Raise height bar until it is level with the top of the patient's head.
- 6) Read at moveable point of ruler.

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### **Measuring Patient in Bed**

- **1) Position patient flat on back (supine).**
- **2) Make a small pencil mark at the top of patient's head on sheet.**
- **3 Make a second pencil mark even with the heels.**
- **4) Using a tape measure, measure the distance between the two distances.**

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### **Measuring a stooped patient.**

- **1) Use a measuring tape.**
- **2) Place ruler level on top of head.**
- **3) Measure from top of head to top of shoulder.**
- **4) Place ruler level on shoulder.**
- **5) Measure from shoulder to heels.**
- **6) Add these two segments together.**

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### **Measuring a Contracted Patient**

- **1) Use a measuring tape.**
- **2) With ruler level on head, measure from top of head to bottom of buttocks.**
- **3) Measure from bottom of buttocks to back of knee at crease.**
- **4) Measure from knee to heel.**
- **5) Add these three segments together.**

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