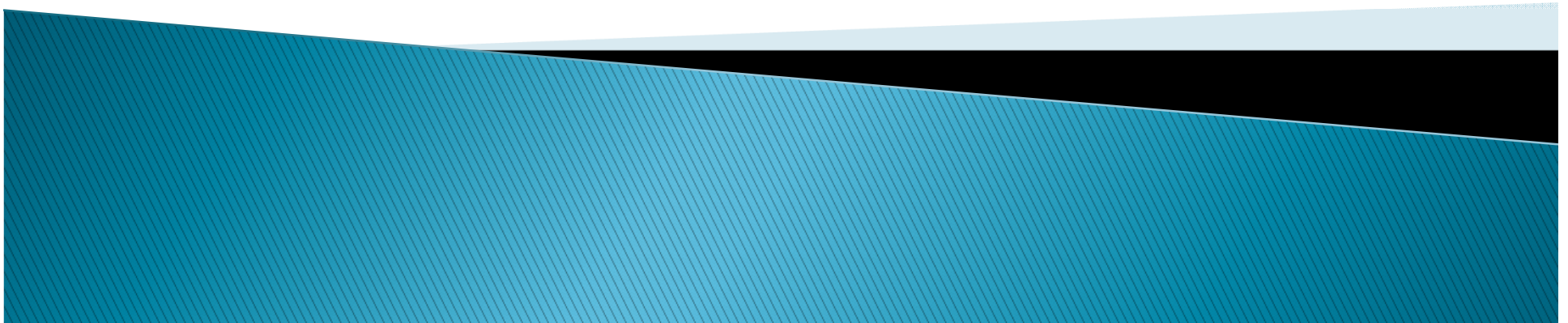


How to Obtain Accurate Heights and Weights

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Instructions

Slides for the Inservice:

- The slides can be shown on computer or projected on a screen using a data projector.
- You can show the slides directly from the Acrobat file by simply clicking on the icon that looks like a computer screen. Or you can go to the tool bar and click on “View” and “Full Screen” to show the slides on your screen.
- Then click the down arrow button or the page down button on your keyboard.

Presenter’s Notes for the Inservice:

- Review the presenter’s notes prior to presenting the slides.
- The presenter’s notes offer additional information not included on the slides, suggestions for how to present some of the information, and activities you may want to incorporate.

Handouts for the Inservice:

- Simply copy the handouts and the pre- post-tests for participants.
- Do not provide the answer key for the pre-post tests.
- You can choose to give the test before and after the training, or just after the training to determine the effectiveness of your inservice and whether or not additional training is needed.

Objectives

Participants will learn:

1. The importance of taking accurate heights and weights
2. How to take an accurate height from a standing or reclining position
3. How to take an accurate weight from a standing or sitting position
4. How to determine significant weight changes
5. How to track heights and weights

Why is it Important to Have Accurate Heights and Weights?

- ▶ Body weight is an indicator of health status
- ▶ Individuals who lose weight unintentionally are at risk for other health problems such as weakness, increased risk of infection, pressure injuries, poor healing, etc.
- ▶ Individuals who gain significant amounts of weight unintentionally may be having problems with heart failure, kidney disease or other conditions

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Keeping records of accurate heights and weights on our residents is important for a number of reasons:

1. Body weight is an indicator of health status.
2. Older adults who lose weight unintentionally are at risk for other health problems such as weakness, increased risk of infection, pressure injuries, poor healing, etc.
3. People who gain significant amounts of weight unintentionally may be having problems with heart failure, kidney disease or other conditions.

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Why is it Important to Have Accurate Heights and Weights?

- ▶ Body weight is an indicator of health status
- ▶ Individuals who lose weight unintentionally are at risk for other health problems such as weakness, increased risk of infection, pressure injuries, poor healing, etc.
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Why is it Important to Have Accurate Heights and Weights?

- ▶ We must document weights for the MDS and nursing admission assessments
- ▶ The physician, registered dietitian, nutritionist and family must be notified of any significant changes
- ▶ The nutrition professionals use the weights as a basis to calculate nutrient needs
- ▶ Weight tracking helps to determine if an individual needs dining or nutritional interventions or other assistance

Reasonable Body Weights and History

- ▶ It is important to note an individual's usual body weight, and any recent changes in weight
- ▶ It may not be reasonable to think that a person is going to weigh within an ideal weight range due to life weight history
- ▶ If a person was a certain weight their whole life, and now they weigh significantly more or less, there may be cause for concern

We Are Responsible For

- ▶ Keeping accurate records of height and ongoing weights on each individual
- ▶ Obtaining and tracking all individuals' monthly weights (and weekly weights if needed)
- ▶ Calculating percentage of weight change each month (or week) on each individual
- ▶ Notifying the family, physician, nursing staff, dietary staff, and care plan team of significant weight changes