

Chapter 24: Measuring Height, Weight, and Vital Signs

Measuring Height and Weight			
		Name:	
		Date:	
<i>Remember to promote:</i>			
Dignity • Independence • Individualized Care • Preferences • Privacy • Safety			
Pre-Procedure	S	U	Comments
1. Identify the client, according to employer policy.			
2. Explain the procedure to the client.			
3. Ask the client to void (see Chapter 29).			
4. Perform hand hygiene.			
5. Collect the following supplies: <input type="checkbox"/> Scale <input type="checkbox"/> Paper towels			
6. Provide for privacy.			
Procedure	S	U	Comments
7. Balance beam scale (mechanical):			
a. Perform hand hygiene.			
b. Disinfect the scale platform, according to employer policy. Dry it with paper towels.			
c. Raise the height rod before the client stands on the scale.			
d. Move the weights to zero (0). The pointer should be in the middle (FIGURE 24.2, A).			
e. Have the client remove the robe and footwear. Assist as needed.			
f. Help the client stand on the scale platform. Arms should be at the sides.			
g. Move the weights until the balance pointer is in the middle (FIGURE 24.2, B).			
h. Record the weight on your notepad or assignment sheet.			
i. Ask the client to stand very straight.			
j. Lower the height rod until it rests on the client's head (FIGURE 24.3).			

k. Record the height on your notepad or assignment sheet.			
l. Disinfect the scale platform after use, according to employer policy.			
8. <i>Standing scale (digital)</i> (FIGURE 24.4):			
a. Perform hand hygiene.			
b. Disinfect the scale platform, according to employer policy. Dry the scale according to employer policy..			
c. If the scale has a height rod, raise it before the client stands on the scale.			
d. Turn the scale on and ensure the numbers are set at zero (0).			
e. Have the client remove their robe and footwear. Assist the client as needed.			
f. Help the client stand on the scale platform. Arms should be at the sides. Look at the weight reading displayed in the screen.			
9. <i>Bath scale or chair scale</i> (electronic):			
a. Help the client transfer from the wheelchair to the chair scale (see the <i>Transferring the Client to a Chair or Wheelchair</i> procedure in Chapter 14). Ask for assistance if necessary.			
b. If the client is to be <i>weighed prior to being bathed in the tub</i> , assist the client directly from bed to the bath chair after undressing them. Cover them with a blanket or bath blanket.			
c. Ensure that the client is secure and not holding on to anything that might give a false reading. Look at the weight reading displayed on the screen.			
d. Record the weight on your notepad or assignment sheet.			
10. <i>Lift scale (mechanical)</i>:			
a. Attach the sling to the lift. Follow the manufacturer's instructions.			
b. Place both weights on zero.			
c. Level and balance the scale. Follow the manufacturer's instructions.			
d. Remove the sling from the scale.			

e. Place the client on the sling, and attach the sling to the lift. Raise the client about 10 cm (4 in.) off the bed (see the <i>Using a Mechanical Lift to Move the Client</i> procedure in Chapter 14)			
f. Move the weights until the balance pointer is in the middle.			
g. Record the weight on your notepad or assignment sheet.			
h. Lower the client to the bed.			
i. Remove the sling.			
11. Help the client dress if the client is up, or help the client back to bed.			
Post-Procedure	S	U	Comments
12. Provide for safety and comfort.			
13. Place the call bell within reach.*			
14. If the client stays in bed, follow the care plan for bed rail use.*			
15. Remove privacy measures if used.			
16. Return the scale to its proper place.			
17. Perform hand hygiene.			
Report and Record the measurements and your observations, according to employer policy. Report any unusual measurements immediately to your supervisor.			
<i>*Steps marked with an asterisk may not apply in community settings.</i>			