Measuring and Weighing Patients

Law requires it to be done on admission.

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.

Obtaining accurate weight.
- 1) Balance scale @ “0”
- 2) Empty bladder.
- 3) Same time of day.
- 4) Same garments.
- 5) Same scale.
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.

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.

Weighing the patient on a chair scale.

- 1) Take patient TO000 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.
Measuring weight using an electronic wheelchair scale.

• 1) Weigh EMPTY wheelchair.
• 2) Help patient into wheelchair.
• 3) Take patient TOOOOOOO 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.

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.

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.
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.

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.

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.