

HEIGHT AND WEIGHT - MEASUREMENT OF INFANTS, CHILDREN AND ADOLESCENTS PRACTICE GUIDELINE[®]

DOCUMENT SUMMARY/KEY POINTS

NSW Ministry of Health Guideline

Growth Assessment in Children and Weight Status Assessment

http://www1.health.nsw.gov.au/pds/Pages/doc.aspx?dn=GL2017_021

- The above linked document is a NSW Ministry of Health Guideline.
- The purpose of the Guideline is to support core patient care, and describes the following:
 - A standardised approach to measuring weight and height in children and adults, and to measuring length and head circumference in younger children.
 - Interpreting and recording these measurements as part of determining weight status.
 - Key equipment and patient considerations around taking these measurements.
- Ensure all equipment is cleaned before and after use according to infection control protocols where applicable.

Education: All clinical nursing and medical staff and identified Allied Health staff to complete the online HETI Weight4KIDS core and measurement modules.

SCHN KPI: 2018/19, 60% of patients accessing SCHN services are to have their height and weight measured at least every 3 months.

SCHN contacts: CARPA Clinical Program Directors

This document reflects what is currently regarded as safe practice. However, as in any clinical situation, there may be factors which cannot be covered by a single set of guidelines. This document does not replace the need for the application of clinical judgement to each individual presentation.

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| Approved by: | SCHN Policy, Procedure and Guideline Committee | |
| Date Effective: | 1 st August 2018 | Review Period: 3 years |
| Team Leader: | CNC Child Weight Management CHW | Area/Dept: Weight Management |

Additional Resources:

eMR FAQs for weights

- The following information is found on the eMM intranet page at:
<http://intranet.schn.health.nsw.gov.au/emm>
 - [Weight types](#)
 - [Weights – Detailed Explanation](#)
 - [Dosing Weight Banner Bar changes](#)
 - [Dosing Weight and Estimated Weight Calculations](#)

Related Policies:

- SCHN coversheet to NSW MoH Nutrition Care policy:
<http://webapps.schn.health.nsw.gov.au/epolicy/policy/2707>

CHANGE SUMMARY

- New NSW Health Guideline.
- Established key performance indicator (KPI) to report back to MoH
- Replaces SCHN Height and Weight - Measurement of Infants, Children and Adolescents policy

READ ACKNOWLEDGEMENT

All clinical nursing and medical staff working in Emergency Departments, outpatient clinics, Wards and Intensive Care areas are to read and acknowledge they understand the contents of the NSW MoH Guideline.

Identified Allied Health staff are to read and acknowledge they understand the contents of the NSW MoH Guideline.

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