

Step 1 and 4 Assessment: Guidelines for Accurate Weight Assessment

Date: / /

Facility: _____

Type of Facility Staff: Nurse Aide _____

Other: _____

Resident Name/Unit	Time of Weight	Served Meals (Circle all meals already served)	Scale Type	Scale Location	Scale Zeroed?	Clothes Worn	Other Items Worn if so, what?	Was incontinence care provided before Weighing?	Scale Weight (Record exact value - no rounding)	Extra Items (i.e. wheelchair, pad, weighing instrument etc) If so, what?	Weight of Extra Items	Supervisory Staff Total Weight	NH Staff Weight
		Breakfast	Chair	Resident's Room		Night Clothes							
		Lunch	Bed		Y N			Y N	lbs.		lbs.	lbs.	lbs.
		Dinner	Standing	Communal Area		Day Clothes							
		Breakfast	Chair	Resident's Room		Night Clothes							
		Lunch	Bed		Y N			Y N	lbs.		lbs.	lbs.	lbs.
		Dinner	Standing	Communal Area		Day Clothes							
		Breakfast	Chair	Resident's Room		Night Clothes							
		Lunch	Bed		Y N			Y N	lbs.		lbs.	lbs.	lbs.
		Dinner	Standing	Communal Area		Day Clothes							
		Breakfast	Chair	Resident's Room		Night Clothes							
		Lunch	Bed		Y N			Y N	lbs.		lbs.	lbs.	lbs.
		Dinner	Standing	Communal Area		Day Clothes							
		Breakfast	Chair	Resident's Room		Night Clothes							
		Lunch	Bed		Y N			Y N	lbs.		lbs.	lbs.	lbs.
		Dinner	Standing	Communal Area		Day Clothes							

Comments/Observations:

1) _____

2) _____

3) _____

4) _____

5) _____

Nursing home staff is required to weigh residents each month in order to track weight changes in residents over time. The Minimum Data Set criteria for weight loss: ≥5% in 30 days or 10% in 180 days. Staff should follow a standardized procedure when weighing residents in order to reduce error and increase accuracy.

Scale: The same scale or same type of scale should be used each month for the same resident. Scale should be calibrated and zeroed each time.

Staff Member: Schedule resident weighings in consideration of the staff workload. Consider scheduling across all days of the week. Note that bed-bound or otherwise immobile residents are at higher risk for erroneous data.

Resident: Resident should wear clean bedclothes and dry undergarments. Extra items should not be worn or carried. Weighings should be done prior to meal service.

Weighing Procedure: Ideally, residents should be weighed in the morning before breakfast, following incontinence care, while they remain in their bedclothes using the same scale, or minimally the same type of scale, and ensuring episode. the scale is calibrated to zero prior to each weighing