

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.
- A **weight and height must be conducted on all patients within 24 hours** of the patient's admission and at least weekly in acute setting, and monthly for long stay patients and in addition, a head circumference should also be measured and documented from birth to at least two years of age, on admission as per [Nutrition Care](#) and [Admitting and Orientating a Patient and their Family/ Carer to the Ward](#)
- Outpatients accessing SCHN services are to have their height and weight measured at least every 3 months.

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

SCHN KPI: SLA 2022/2023 - 70% of patients accessing SCHN services are to have their height and weight measured at least every 3 months.

SCHN contacts: Site based Directors of Allied Health and Directors of Nursing.

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.

Approved by:	SCHN Policy, Procedure and Guideline Committee	
Date Effective:	1 st April 2024	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:](#)
- [NSW MoH Nutrition Care Policy:](#)
- [Admitting and Orientating a Patient and their Family/ Carer to the Ward](#)

Related Data:

- [How safe are we? Dashboard](#) - Automated Documentation Audit Dashboard (eMR)

CHANGE SUMMARY

- Updated reference links and frequency of height and weights

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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