

## Checklist: Measure and Record Height

<b>Measure and Record Height</b>	<b>Able to Perform</b>	<b>Unable to Perform</b>
1. Carry out initial procedure actions: <ul style="list-style-type: none"> <li>– Knock before entering.</li> <li>– Introduce yourself.</li> <li>– Identify the resident according to facility policy.</li> <li>– Explain the procedure.</li> <li>– Provide privacy.</li> <li>– Perform hand hygiene.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
2. Assemble equipment: <ul style="list-style-type: none"> <li>– Standing height scale/stadiometer OR tape measure for bedbound resident.</li> <li>– Non-skid footwear if ambulating.</li> <li>– Flat measuring device or ruler if using tape measure.</li> <li>– Documentation sheet/electronic charting access.</li> <li>– Gait belt if needed.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
3. Verify which method of height measurement is appropriate for the resident: <ul style="list-style-type: none"> <li>– Standing measurement.</li> <li>– Wheelchair/alternative method.</li> <li>– Bedbound measurement.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
4. Ensure equipment is functioning properly and positioned on a flat surface.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Standing Height Measurement</b>	<b>Able to Perform</b>	<b>Unable to Perform</b>
5. Assist resident to standing position safely if able: <ul style="list-style-type: none"> <li>– Use a gait belt if indicated.</li> <li>– Ensure resident is wearing non-skid footwear or bare feet according to facility policy.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
6. Ask resident to remove shoes, hats, or bulky hair accessories if possible.	<input type="checkbox"/>	<input type="checkbox"/>
7. Position resident standing straight against stadiometer or measuring surface: <ul style="list-style-type: none"> <li>– Heels together.</li> <li>– Back straight.</li> <li>– Looking forward.</li> <li>– Heels, buttocks, shoulders, and head aligned when possible.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
8. Lower the measuring bar gently until it rests flat on top of the resident's head.	<input type="checkbox"/>	<input type="checkbox"/>
9. Read height measurement at eye level.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Bedbound Height Measurement</b>	<b>Able to Perform</b>	<b>Unable to Perform</b>
10. Position resident flat in bed if tolerated: <ul style="list-style-type: none"> <li>– Body in proper alignment.</li> <li>– Legs extended as much as possible.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
11. Use tape measure from top of head to heel according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
12. Ensure tape measure remains straight and accurate during measurement.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Completion of Procedure</b>	<b>Able to Perform</b>	<b>Unable to Perform</b>
13. Assist resident to a comfortable and safe position.	<input type="checkbox"/>	<input type="checkbox"/>
14. Ensure resident safety: <ul style="list-style-type: none"> <li>– Bed in lowest position if applicable</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>

<ul style="list-style-type: none"> <li>- Wheelchair brakes locked if applicable</li> <li>- Call light within reach.</li> </ul>		
<p>15. Perform hand hygiene.</p>	<input type="checkbox"/>	<input type="checkbox"/>
<p>16. Record height promptly according to facility policy:</p> <ul style="list-style-type: none"> <li>- Height measurement.</li> <li>- Unit of measure (inches/cm).</li> <li>- Date and time if required.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
<p>17. Report concerns to the nurse if noted, including:</p> <ul style="list-style-type: none"> <li>- Inability to stand safely</li> <li>- Pain during positioning</li> <li>- Major changes from previous measurements</li> <li>- Dizziness or weakness.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
<p>18. Carry out ending procedure actions:</p> <ul style="list-style-type: none"> <li>- Clean equipment according to facility policy.</li> <li>- Return equipment to the proper storage area.</li> <li>- Document observations as required by facility policy.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>