

Skills Checklist: Weighing & Measuring Patient Using Upright Scale

Nursing Assistant's Name:

Reviewer Name:

Procedure Steps	Performed	Performed, but needs improvement	Did not Perform
Carry out Initial Steps			
Feedback			
Check notes or the chart for previous weight. Escort the patient to the scales			
Feedback			
Place a paper towel on the platform of the scale			
Feedback			
Zero out the scale, the balance bar (bar with weight markings) is hanging free			
Feedback			
Assist the patient to remove shoes and step up onto the scale platform, facing the balance bar. The balance bar will rise to the top of the bar guide. Instruct the patient not to hold the bar or touch other parts of the scale			
Feedback			
Move the large weight to the right to the closest estimated patient weight, 50lb increments, til the bar drops, then move bar back 1 notch			
Feedback			
Move the small weight to the right, at 5 lb increments, until the balance bar hangs freely halfway between the upper and lower bar guides			

Feedback			
Add the two figures and record the total as the patient's weight in pounds or kilograms, according to the type of scale used			
Feedback			
Assist the patient to turn on the platform until facing away from the balance bar. Raise the height bar until it is level with the top of the patient's head			
Feedback			
Take the reading at the movable point			
Feedback			
Note the number of inches (or centimeters) indicated. Record this information in inches ("), feet ('), and inches ("), or centimeters (cm), according to the type of scale and facility policy. The height shown in Figure 21-6 is 62 inches. This may be recorded as 62 inches or 5 feet 2 inches ($62 \div 12 = 5$ feet 2 inches). Record the value on your notepad			
Feedback			
Assist the patient off the platform. Help the patient to put on shoes, if necessary, and return to the room			
Feedback			
Carry out Final steps			
Feedback			

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