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PE1.2: Perform Anthropometric Measurements, Document in Growth Chart, and Interpret

[Minimum times to certify 3]

Goal: To perform anthropometric measurements, document in growth chart, and interpret

General:

- Identify the patient, and introduce yourself
- Perform hand hygiene
- Explain the procedure and get consent from parents and child.

Procedure to be done:

- Check weight using the correct procedure
or
- Check height/length using the correct procedure
or
- Check head circumference using the correct procedure
- Plot in growth charts correctly
- Interpret correctly

Conclusion:

- Counsel the parents
- Thank them and encourage them to clarify their doubts if any.

Procedure to be Followed

I. How to check weight of an infant?

- Ensure a warm ambiance by switching off overhead fans, and air conditioners.
- Remove infant's clothing (infant is weighed nude)
- Place the electronic weighing scale on a flat, hard, and even surface.
- Centre the infant on the scale tray
- Weigh the infant to the nearest 0.01 kg (10 g) and document
- Reposition, repeat weighing 2–3 times, and take the average
- Weight should agree within 0.01 kg (10 g)
- Dress the infant and hand over to the parents

II. How to check length of an infant?

- Measure infant without footwear and wearing light underclothing or diaper
- Length is measured for children less than 24 months or 24–36 months who cannot stand unassisted
- The assistant holds the infant's head so the infant is looking upward and the crown of the head is against the headpiece
- Align the infant's trunk and legs, extend both legs and bring the footboard firmly against the feet
- Measure the infant's length to the nearest 0.1 cm
- Plot the length measurement on the chart
- Reposition and remeasure infant
- Measurements should agree to the nearest 0.1 cm
- Dress the infant and hand it over to the parents

III. How to check weight in a child/adolescent?

- Child or adolescent is measured on a digital weighing scale
- A child older than 36 months is weighed standing on a scale
- The child must stand without assistance or the mother can stand on the weighing machine (take her weight to zero) and then carry the child for weighing
- Children or adolescents must be wearing lightweight clothes.