

Certification Requirements and Frequently Asked Questions

- I.1. PE 1.2: Perform Anthropometric Measurements, Document in Growth Chart, and Interpret
- I.2. PE 1.3: Perform Developmental Assessment and Interpret
- I.3. PE 7.4: Observe the Correct Techniques of Breastfeeding and Distinguish Right from Wrong
- I.4. PE 18.6: Assess the Patient for Fitness for Immunization and Prescribes an Age-Appropriate Immunization Schedule
- I.5. PE 24.8: Assess Airway and Breathing: Recognize Signs of Severe Respiratory Distress: Check for Cyanosis, Severe Chest in Drawing, and Grunting
- I.6. PE 24.10: Assess Airway and Breathing: Administer Oxygen Using the Correct Technique and Appropriate Flowrate
- I.7. PE 24.12: Check for Signs of Shock, i.e. Pulse, Blood Pressure, CRT
- I.8. PE 24.14: Choose the Type of Fluid and Calculate the Fluid Requirement in Shock
- I.9. PE 24.16: Assess for the Signs of Severe Dehydration
- I.10. PE 30.4: Perform and Interpret Urine Dipstick for Sugar
- I.11. PE 23.9: Perform NG Tube Insertion in a Manikin
- I.12. PE 24.13: Secure an IV Access in a Simulated Environment
- I.13. PE 23.11: Perform Intraosseous Access in a Model (Simulation)
- I.14. PE 24.9: Assess Airway and Breathing: Demonstrate the Method of Positioning Infants and Children to Open the Airway in a Simulated Environment
- I.15. PE 24.11: Assess Airway and Breathing: Perform Assisted Ventilation by Bag and Mask in a Simulated Environment
- I.16. PE 24.15: Assess Level of Consciousness and Provide Emergency Treatment to a Child with Convulsions/Coma: • Position an Unconscious Child • Position a child with Suspected Trauma • Administer IV/per rectal Diazepam for a Convulsing Child in a Simulated Environment
- I.17. PE 27.28: Provide BLS on a Manikin

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.

- A child or adolescent stands at the center of the scale platform
- Read the measurement to the nearest 0.01 kg, 10 g, and record it on the chart
- Reposition, repeat the measure 2–3 times, and take the average
- Measures should agree within 0.1 kg, 100 g

IV. How to check height of a child or adolescent?

Child or adolescent stature is measured on a calibrated stadiometer

- Measure stature for children over age of three
- Use a calibrated vertical stadiometer with a right-angle headpiece
- The child is measured standing with heels, buttocks, and shoulders touching a flat upright surface
- Children or adolescents should stand on the stadiometer footplate without shoes. With heels together, legs straight, arms at sides, shoulders relaxed
- The child should look straight ahead
- Bring the perpendicular headboard down to touch the crown of the head
- The measurer's eyes should be parallel with the headboard
- Read the measurement to the nearest 0.1 cm and record it on the chart
- Reposition and remeasure the individual
- Measures should agree within 1 cm

V. How to check head circumference/occipitofrontal circumference (OFC)?

- Position a flexible, non-stretchable tape just above the eyebrows (supraorbital ridge), above the ears, around the largest circumference of the head, and on the occipital protuberance.

Parameters	Z score	Interpretation
Weight for age	-2 to -3 z score	Underweight
	<-3Z score	Severely underweight
Height for age	+2 to +3 Z score	Stunted
	<-3 Z score	Severely stunted
	+2 –+3 score	Tall
	> +3 Z score	Very tall
Weight for height	-2 to -3 Z score	Moderate malnutrition/wasted
	<-3 Z score	Severe malnutrition/severely wasted
Head circumference	<-3 Z score	Microcephaly
	>2 Z score	Macrocephaly
BMI	-2 to -3 Z score	Thinness
	<-3 Z score	Severe thinness
	+1 –+2	Over weight
	>+2	Obesity

- Pull the tape snugly to compress the hair and measure the circumference using over lap method
- Read the measurement to the nearest 0.1 cm
- Write the measurement on the chart and interpret it correctly
- Reposition the tape, remeasure the head circumference twice, and take the average.
- Measures should agree within 0.2 cm.

VI. How to check mid-arm circumference?

- First mark a point midway between the tip of the acromion process and the olecranon of the ulna, while the child holds the left arm by his side.
- Pull tape snugly at this point, just tight enough to avoid a gap and not compress soft tissue. Ensure that the tape is pulled neither too tightly nor too loosely.
- Read the measurement to the nearest 0.1 cm
- Write the measurement on the chart
- Reposition the tape and remeasure the mid arm circumference
- Measures should agree within 0.2 cm

Further reading on this topic, please refer to Chapter 2.1.