

Tracking Resident Monthly Weights

Why track resident monthly weights?



- To prevent and treat malnutrition.
- To provide information for ordering certain medications and for diagnostic procedures.
- To accurately assess fluid balance.
- To determine appropriate equipment for residents.

How to measure monthly weights?

Measured weight (actual body weight) obtained using a scale.

- Measurement should be taken after removal of excess clothing, and footwear.
- Use the same scale for successive measurements.
- Make sure equipment is available, easy to access, and working properly.
- Choose 1 day/month as a “**weigh day**” where all residents on the unit are weighed.
- Weigh the resident, preferably in the morning, after the bladder is emptied, before a meal, with no footwear. If foot support such as braces cannot be removed, weigh the resident with the same footwear or brace at successive measurements.
- Weigh all residents – weight-bearing and not able to weight bear using appropriate equipment.

If a resident is in a wheelchair and unable to stand, the weight of the wheelchair must be subtracted when estimating actual weight.

Resident’s estimated weight = weight of wheelchair with resident – weight of wheelchair

Example: Weigh the wheelchair without the resident at initial visit. Weigh the resident each month in the wheelchair. Subtract the wheelchair weight to obtain the resident’s estimated weight.

How to track monthly weights?

- Record monthly weights as a continuous process
- Use the template on the next page to monitor weight changes (loss or gain)

How to calculate weight changes?

- Assess weight change over time reported as a percentage of loss from previous month’s weight
- Calculate the percentage (%) of body weight change
- Body weight change = $\frac{\text{Previous weight} - \text{Current weight}}{\text{Previous weight}} \times 100$
- Flag residents with weight change **greater than 5% in 1 month or 10% in 6 months.**

Sample Weight Tracking Sheet

Weigh residents monthly													Date: _____	
Suite #	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
301	A. B.													

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