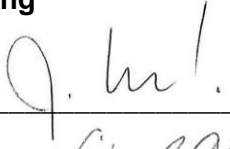
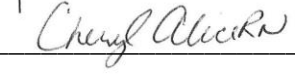


Leamington Mennonite Home
Long Term Care

POLICY AND PROCEDURE

CATEGORY: Resident Care	SUBJECT: Weight Monitoring	SECTION: W POLICY: 2
DATE: September 2004	Administrator: 	
REVISION DATE: August 2015	Director of Care: 	

WEIGHT MONITORING

POLICY:

The Leamington Mennonite Home will provide continual supervision of all resident weights: loss and gain, to ensure the nutritional well-being of each individual resident. Each resident shall receive nutritional care according to his/her assessed needs and measures shall be taken to identify and address problems related to nutrition. Each resident's height and weight shall be recorded upon admission with monthly resident weights monitored. The foods and fluid intake of each resident who is identified at nutritional risk shall be monitored and steps taken to address problem(s).

PURPOSE:

To ensure each resident receives nutritional care according to his/her assessed needs. To identify weight loss or gain in a timely fashion and to intervene accordingly.

PROCEDURE:

- Each resident's weight and height shall be recorded on admission. During the course of the month every resident's weight is taken by the Health Care Workers and recorded on the weight sheets in the Care Plan binder.
- The recorded weights will be forwarded monthly to the Director of Dietary Services for review and recommended action plan as per consultation with the Dietitian.
- If any changes are noted in a resident's weight, +/- 2 kg. or 5% of body weight, the resident will immediately be re – weighed. The results will then be immediately communicated by the PSW to the Charge Nurse. A Dietary Requisition will immediately be completed by the Charge Nurse and forwarded to the Director of Dietary Services.
- A responsive action plan will be implemented by the Dietitian in consultation with the Director of Dietary Services for use by dietary staff and health care workers.
- All heights are obtained by use of a measuring tape and documented on the admission physical and the resident's weight sheet in the PSW binder. Height is measured in feet and inches. The height is also used by the Dietitian to calculate the body mass index (BMI).