


## Measurement Guide for Metabolic Assessment, Screening & Monitoring Tool

Measurement	Technique
<p><b>1. Height</b></p>  <p>Height in millimeters between 2 right angles.</p>	<ul style="list-style-type: none"> <li>• Shoes off</li> <li>• Youth standing with heels, back and shoulders in contact with stadiometer</li> <li>• Feet together</li> <li>• Gently straighten</li> <li>• Hold head aligned, with lower portion of eye orbit in line with middle portion of ear</li> </ul>
<p><b>2. Weight</b></p>	<ul style="list-style-type: none"> <li>• Anything heavy off (i.e., headband, shoes, jacket, etc)</li> </ul>
<p><b>3. Waist Circumference</b></p>	<ul style="list-style-type: none"> <li>• Use a flexible tape of adequate length</li> <li>• Have the patient stand erect with abdomen relaxed feet 25-30 cm apart, weight evenly distributed, arms loosely at their side</li> <li>• Make the measurement horizontally at the line of the umbilicus/ belly button</li> <li>• Ask patient to breathe in and then out gently, then take the measurement</li> </ul>
<p><b>4. Blood Pressure</b></p>	<ul style="list-style-type: none"> <li>• Cuff sizes: you know that it is the right cuff size for a child when the dotted line on the cuff rests between the solid lines</li> <li>• Have the child sit down &amp; relaxed</li> <li>• If the child is wearing heavy clothing then they need to come off or roll the sleeve up</li> <li>• The "Artery ↓" sign needs to be placed on top of the child's arm where the pulse is (inside the arm)</li> <li>• Do not talk the child while measuring &amp; ask the child to speak after measurement is finished</li> <li>• Note Systolic/Diastolic mmHg on the <i>Metabolic Monitoring Form</i> (e.g. 120/80)</li> </ul>

Notes:

When measuring the height of children with a turban on their heads, please measure from the lowest part of the turban.

- Place a tongue holder or a thin ruler on top of the lowest part of the child's head
- Level it so that it'll be straight
- Pull the stadiometer down