

Taking the Weight of a Nutritional Guidance Client

You have been requested to obtain the weight measurement of a client of Nutritional Guidance. This request has come as a result of the best interest of client for the reason of inability to obtain the measurements accurately for themselves (as in the case of a young child) or as part of the treatment plan to have the weight done in confidentiality and the results not to be disclosed to the client. This measurement is considered important clinical data and is to be treated with respect and adherence to patient privacy rights. This data should not be discussed with the patient, other family members, or disclosed to other parties. Weight results are to be given to the dietitian for interpretation. Weight is affected by a multitude of physical and environmental influences on a daily basis. The RD will work with the client on personalizing the weight schedule and the transfer of this information into the nutritional record.

Please look of the following helpful guidelines in obtaining the weight:

- Use the same scale each time of weight.
- Assure that the scale is placed on a hard surface floor and calibrated on a regular basis according to manufacturer instructions and zeroed before each measurement.
- Recommend accurate dial or digital weight scales. Discourage scales that track body fat or other body composition components.
- Wearing similar clothing is optimal, or note on reported weight if there was a distinct change in clothing from previous weights.
- Have client remove shoes, belts and jackets.
- Empty out pockets including cell phone.
- The patient should stand unassisted as still as possible, in the middle of the scale facing away from the scale to obtain a blind weight.
- In order to limit the temptation for the client to listen and hear the movement of the weight if using a balance beam scale, it is advised to move the large and small weight several times back and forth and read it as quickly as possible when the weights stabilize.
- Do not discuss weight with the client even if they question. Avoid sharing numbers as well as telling them if it went up or down. Assure them that this will be discussed with their dietitian during their private session. If they continue to question, assure the client that many factors affect weight and it will be discussed with evaluation of all influences.
- Avoid any comments such as “you are doing well.” Or “Are you eating everything that you are supposed to?” Such comments often cause anxiety and may affect their willingness to accept the next meal.
- Avoid comparison to past weights.
- Log the weight on the weight record form and Efax or email to your Healthie profile or fax to Nutritional Guidance at 407-629-5585.
- Note on the return weight form any concerns or if client is uncooperative during the weight-ins.

I agree to maintain adherence to patient privacy rights and to maintain confidentiality with the information that I have been privileged to obtain.

Signature of responsible party to obtain the weight

Printed name

Signature of Patient

Printed name of Patient

Date: _____

