

{Measuring and Recording Height and Weight}

PPS Competency Number: 1200;1211	
Common Core/PA State Standards: CC3.5.11-12C multistep procedure CC3.5.11-12J read and comprehend technical texts	Industry Standards: Health Common Core
Instructional Pacing: One week	PPS Report Period: 2
Essential Questions (for this competency): Why are height and weight measurements important? What infection control principles are going to be involved with this procedure	
Objectives: <ul style="list-style-type: none"> • Utilizing provided teacher generated skill checklist, equipment and supplies TSWBAT correctly measure and record height and weight for the lab while following all safety and sanitation procedures with 100% accuracy and within 10 minutes of established time frame. 	
Assessments: Procedure Rubric	
Safety Statement: Proper Infection Techniques and Sanitation practices will be followed	
Uniform requirement: Students are to be in full uniform – scrub top, pants, and shoes.	
Homework: Read pages 717-720 from Diversified Health Occupations Text Book	
Resources:	

Diversified Health Occupations 7th Ed, NA curriculum, Teacher created video on related skill(if available), NA textbook(Hartman's Nursing Assistant Care The Basics), Conversion chart showing metric/english system,CIP 51.9999

Handouts:

X Warm-up

X Guidelines and Skill Checklist of Procedure

Worksheet

Page 27 of Student NOCTI Study Guide

Quiz

X Exit Slip

Equipment:

Note Paper(post-it notes)

Balance Beam scale with height bar

Garbage can

Pen and/or pencil

Paper Towels (2)

Hand Sanitizer

Form: Vital Sign Flow Chart

Body Fat analyzer/instruction booklet

Technology:

Internet Accessible computers

Ipads

Websites and other materials:

Health Center 21

Instructional Pathway:

1. Warm up- written prompt (2 questions and 2 conversions-see separate file)/ Assess prior Knowledge/Visual Aides(Body Fat analyzer)/Article
2. Introduce Lesson
3. Provide procedure sheet and explain steps with emphasis on safety and infection control concerns
4. Teacher demonstration
5. Student practice and drill time
6. Review and answer questions.
7. Exit Ticket-Using white boards (2 original questions from warm up prompt along with 2 conversions)/Discuss/wrap up lesson

Differentiated Instruction Strategies:

Provide written procedure sheet. Allow students to watch video of procedure. Provide teacher demo and allow for practice time.

Modifications (IEP, ESL, etc.) Provide accommodations as identified on the specially designed instruction section of IEP or 504 plan. Sample of adapted warm up (can provide word bank and have students match answers to correct questions).

Warm Up

Name _____ Date _____

Measuring and Recording Height and Weight

Warm up – Complete within first 5mins of class

1. Why are height and weight measurements important?
2. What infection control principles are going to be involved with this procedure?
3. How many inches are in 1 foot?

Procedure for Handwashing

- 1. Stand far enough away from the sink so that your uniform does not touch the sink**
- 2. Turn on water with a dry paper towel and adjust the water temperature to be warm and comfortable**
- 3. Wet hands keeping your fingertips pointed down**
- 4. Apply soap over hands and wrists and work into a lather**
- 5. Use friction when washing hands fingers and wrists**
- 6. Rub hands for 10-15 seconds**
- 7. Rinse hands under running water**
- 8. Do not shake water from hands**
- 9. Dry hands with a clean paper towel-discard properly**
- 10 Turn off faucets using a clean paper towel**
- 11 Discard paper towel in the waste container**

True and False Quiz-Handwashing

- 1. _____ Wash your hands with the fingers pointing upward**
- 2. _____ Rub the hands with lather for 5-10 seconds**
- 3. _____ Wash hands before and after caring for any patient**
- 4. _____ Shake your hands after rinsing and before drying**
- 5. _____ Turn off faucets using a clean paper towel**
- 6. _____ Stand away from the sink so your uniform does not touch it**
- 7. _____ Turn off faucets with a clean paper towel**
- 8. _____ Discard paper towel in sink when finished**

PROCEDURE EVALUATION CHECKLIST

**Procedure: Measuring and Recording Height and Weight-PART 1
(20 minutes)**

Student's Name: _____ Demo Date _____

S=Satisfactory

U=Unsatisfactory

Procedure Guidelines	S	U	Comments
1. Wash Hands			
2. Get the following items: <ul style="list-style-type: none"> • Balance beam scale with height bar • Paper towels • Note paper • Pen • Form: Vital Signs Flow Chart 			
3. Put a paper towel on the scale platform			
4. Prepare the scale by zeroing both top/bottom scale out			
5. Introduce yourself, identify the patient, and explain the procedure			
6. Ask the patient to take off shoes, jackets, purses, wallets, and any other heavy items			
7. Help the patient step onto the scale platform. The patient should stand on the center of the platform with feet apart.			
8. Release the patient , but remain close in case the patient needs assistance. Be sure that you are not assisting the patient when recording the weight measurement.			
9. Slide the 50-pound weight to the right until the balance bar falls to the lower guide. Move the weight to the left on notch. Slide the ¼-pound weight to the right until the balance bar swings between the upper and lower guides. (MOVE BARS)			
10. Add the 50-pound weight total and the ¼ pound weight total to get the patient's body weight measurement.			
11. Recheck the reading and then record the body weight on note paper.			
12. Help the patient step off the scale platform.			
13. Raise the height bar so that it is higher than the patient.			
14. Help the patient step onto the scale platform again. This time the patient's back should be towards the balance beam and height bar .			
15. Tell the patient to stand up straight.			
16. Slowly lower the height bar until it just rests on the top of the patient's head.			
17. Read the height measurement in inches or in centimeters.			

(Signature of Instructor(s))

(Date)

(Signature of Student)

(Date)

PROCEDURE EVALUATION CHECKLIST

Procedure: Measuring and Recording Height and Weight-Part 2

Student's Name: _____ Demo Date: _____

S=Satisfactory

U=Unsatisfactory

Procedure Guidelines	S	U	Comments
18. Recheck the reading and then record the height on note paper			
19. Help the patient step off the scale platform.			
20. Throw the paper towel in a trash can and WASH HANDS .			
21. Zero the scale back to original position.			
22. If measuring in inches, convert inches to feet and inches by dividing inches by 12			
23. Wash your hands.			
24. Record the following body measurement data on the patient's chart: <ul style="list-style-type: none"> • Date • Time • Body measurement data, for example Wt: 125 ½ lbs Ht: 5ft 2 ¼ in 			
25. If working with a partner, switch roles and repeat the procedure according to your teacher's instructions.			

(Signature of Instructor(s))

(Date)

(Signature of Student)

(Date)

Procedure: Measuring and Recording Height and Weight-PART 1

(20 minutes)

Student's Name: _____

Demo Date _____

Procedure Guidelines	S	U	Comments
1. Wash Hands			
2. Get the following items: <ul style="list-style-type: none"> • Balance beam scale with height bar • Paper towels • Note paper • Pen • Form: Vital Signs Flow Chart 			
3. Put a paper towel on the scale platform			
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5. Introduce yourself, identify the patient, and explain the procedure			
6. Ask the patient to take off shoes, jackets, purses, wallets, and any other heavy items			
7. Help the patient step onto the scale platform. The patient should stand on the center of the platform with feet apart.			
8. Release the patient , but remain close in case the patient needs assistance. Be sure that you are not assisting the patient when recording the weight measurement.			
9. Slide the 50-pound weight to the right until the balance bar falls to the lower guide. Move the weight to the left on notch. Slide the ¼-pound weight to the right until the balance bar swings between the upper and lower guides. (MOVE BARS)			
10. Add the 50-pound weight total and the ¼ pound			

	S	U	Comments
weight total to get the patient's body weight measurement.			
11. Recheck the reading and then record the body weight on note paper.			
12. Help the patient step off the scale platform.			
13. Raise the height bar so that it is higher than the patient.			
14. Help the patient step onto the scale platform again. This time the patient's back should be towards the balance beam and height bar .			
15. <i>Tell the patient to stand up straight.</i>			
16. Slowly lower the height bar until it just rests on the top of the patient's head.			
17. Read the height measurement in inches or in centimeters.			

Procedure: Measuring and Recording Height and Weight-Part 2

	S	U	Comment
18. Recheck the reading and then record the height on note paper			
19. Help the patient step off the scale platform.			
20. Throw the paper towel in a trash can and WASH HANDS.			
21. Zero the scale back to original position.			
22. If measuring in inches, convert inches to feet and inches by dividing inches by 12			
23. Wash your hands.			
24. Record the following body measurement data on the patient's chart: <ul style="list-style-type: none"> • Date • Time • Body measurement data, for example Wt: 125 ½ lbs Ht: 5ft 2 ¼ in			
25. If working with a partner, switch roles and repeat the procedure according to your teacher's instructions.			

EXIT TICKET

Name _____ Date _____

Measuring and Recording Height and Weight

Warm up – Complete within last 5mins of class

1. Why are height and weight measurements important?
2. What infection control principles are going to be involved with this procedure?
3. How many inches are in 1 foot?
4. Write 2 additional facts that you've learned today?
5. Is there anything that you didn't understand? If so, please explain