



Standard Operating Procedures Clinical and *T*ranslational *R*esearch *C*enter

Title:	Measurement of Weight		
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Policy: Each patient's nutritional status is reassessed as necessary in the course of care.

Purpose: Accurate weight measurement is important in the clinical research setting. Actual weight and body measurements are collected for purposes of assessing growth, body fat, and for comparison with reference data. Participant's weights are also used to calculate drug dosages for study medications.

Procedure:

1. Weight is measured with a calibrated, electronic digital scale or beam balance.
2. Identify the subject and explain the procedure.
3. The electronic scale should be in the kilogram or pound mode as per protocol. If it is not, press the LB/KG key on the keyboard face.
4. Place a clean paper towel on the scale foot stand. Zero the scale.
5. The digital LED readout should show 000.00 before weighing a sampled person. If it does not, press the zero key on the scale to zero the scale and beam balance in neutral position.
6. Ask subject to remove slippers/shoes and any other articles of clothing or jewelry. Subject should be in minimal underclothing and gown only or

- street clothes as indicated in protocol. Wedding rings and eyeglasses are permitted. Subjects should be weighed with the exact same items on for subsequent measurements.
7. Sometimes a metabolic weight may be required. For the metabolic weight, weigh the gown separately and subtract the weight of the gown from the weight displayed on the scale.
 8. Subjects should be weighed at the same time of the day, if possible, after voiding.
 9. Ask subject to step onto the scale; stand in the middle of the platform, with his/her head erect and eyes looking straight. The subject should stand still with weight evenly distributed on both feet.
 10. Read and record the weight accurately to the nearest 0.1-kg/lbs.

References:

1. NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY III Body Measurements (Anthropometry) Manual 1988 Download on 9-8-2011 from <http://www.cdc.gov/nchs/data/nhanes/nhanes3/cdrom/nchs/manuals/anthro.pdf>
2. Anthropometric Standardization Reference Manual by Timothy G. Lohman, Alex F. Roche, Reynaldo Martorell