




NURSE AIDE CURRICULUM SKILL PERFORMANCE CHECKLIST

Name: _____

Measuring Height & Weight 4.01K

Measuring weight may be required during NNAAP® testing

-  This performance checklist must be used by the teacher and student during skill acquisition, guided practice, and independent practice.
-  During skill check-off, the student must perform the skill unassisted with 100% competence.
-  While the course is being taught, a skill performance summary document/chart *may* be used to verify skills that have been completed. However, verification that the student has demonstrated competency on this skill **MUST** be recorded on the NATS Part II by the conclusion of the course.

Equipment: Paper towel, upright scale, notepad, and pen/pencil.

- | | |
|--|---|
| | 1. Knock before entering room, address resident by name |
| | 2. State your name and title, Identify resident |
| | 3. Explain procedure and obtain permission maintaining face-to face contact whenever possible |
| | 4. Wash hands |
| | 5. Have resident void, assist as needed. |
| | 6. Transport or escort to scales, have patient wear proper footwear according to facility policy. Provide privacy. (<i>Privacy not a concern for NNAAP® testing.</i>) |
| | 7. Place paper towel on scale platform if resident is being weighed <u>without</u> shoes. |
| | 8. If weight is to be taken with shoes, ensure resident has shoes on when walking to scale. Paper towel is not needed on scale if resident is wearing shoes. |
| | 9. Assist to remove sweaters, extra clothing, or anything in the hands. |
| | 10. Place both weights of the upright scale on zero to see if the scale is in balance <u>BEFORE</u> resident stands on scale. Raise height rod if height is to taken. |
| | 11. Instruct resident to step onto center of scale, standing next to resident to assist if needed. |
| | 12. Move the bottom or large weight indicator <u>one</u> GROVE of the chosen unit of measure at the time until the balance bar goes down to the bottom. Then, move the bottom or large weight indicator back ONE GROVE of the measuring unit being used. Do not touch the bottom or large weight indicator again! Now work with the top or small weight indicator only, sliding it carefully away from zero until the balance bar becomes centered. Assure both scale weights are in the groves of the scale slide bar and are the correct unit of measure. Add the bottom and top numbers. NOTE: Some upright scales measure both lbs and kgs. Be careful |

and use the same unit of measure throughout the procedure. **NNAAP test tip: Candidate may turn the NNAAP measurement slip over and add the upper and lower weight before putting the total weight in the candidate result box.**

13. Assist resident if needed in getting off the scale BEFORE recording weight.
14. After assisting resident off scale, wash hands BEFORE to recording weight.
15. Record resident’s name and weight on notepad. **Weight must be plus or minus 2 lbs. of the NACES evaluator.**
16. If height is to be measured, lower height bar until it gently rests on head.
17. Assist resident to step down from scale.
18. Wash hands and record the height on notepad.
19. Discard paper towel if used.
20. Return weights to extreme left on scale and lower height bar.
21. Assist resident to put on shoes/other clothing as needed return resident to room.
22. Provide for comfort with call signal in reach. Wash hands before recording.
23. Record weight and height per facility policy and procedure and report weight gains or losses to supervisor.

Instructor’s Initials: _____ Date: _____

Teaching Tip: Students should be exposed to the type of upright scale that has both kg and lb units of measure on the scale. This type scale is used in many NNAAP® test sites. See picture below.

