

# Biomedical Measurement

## Things to Remember

### Weighing Consumers

- Remove heavy clothing
- Remove items from pockets
- Remove shoes
- If shoes not removed, note this
- Weight should be recorded in kilograms (kg) at every clinic visit and medical visit
- Weight to be recorded a minimum of every six months
- Weight should be recorded when commencing new medications.

### Blood Pressure (BP)

- Do you have the correct cuff size?
  - Measure the circumference of the upper arm to check
  - Record the measurement in centimetres (cm)
  - Re-measure if the consumer + or – 5kg weight since last recorded
- Have the consumer rested for at least five minutes before taking the BP
- BP to be taken at heart height
- Rest arm on a pillow if no desk to rest on
- Remove any constricting clothing
- Record two BPs, five minutes apart
- If undertaking a sitting or lying and standing BP take three readings: one after the consumer has been sat or laid down for five minutes, then one within the first minute of the consumer standing up, and one three minutes later while the consumer is still standing
- Remember electronic BP devices like bare skin.

### Height

- Remove shoes
- If shoes not removed, measure heel of shoe and deduct from height
- Heels to the back of the wall
- Head straight – looking forward not up
- Record in metres (m) for BMI calculation
- Height to be recorded annually.

### Waist Measurement

- Shirts untucked
- Clothing pulled down to smooth the way
- Find the top of the hip and bottom of the rib – measure in the middle
- Tape straight all the way round, no dips at the front
- Measure ladies on the side (this will help prevent the tape dipping at the front)
- Don't tuck your fingers in the tape
- Tape firm NOT tight
- Keep the consumer talking
- Take three measurements, opening and closing the tape but maintaining the tension on the tape so that it doesn't slip
- Record the middle measurement or one that there was two of, in cm.

### For more information

**SA Health**  
**Mental Health Directorate**  
**Office of the Chief Psychiatrist**  
[www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)

Public-I1-A1



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