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| Facility Name | | | | | | |
| Topic: | Weight and Weight Change | | | | | |
| Manual: | Foodservice/Dietary Department | | | Policy No.: | |  |
| Issue Date: | |  | Revision Date(s): | |  | |

**Weight and Weight Change**

**Policy**

Resident weights will be obtained at least monthly and recorded in the medical record.

Significant weight changes will monitored via the Weight Change Report and will be addressed by the dietitian/diet technician and interdisciplinary care team.

**Purpose:**

To identify residents who may be at nutrition risk due to weight change

**Procedure**

1. Each resident is weighed and height measured upon admission, and recorded in the medical record.
2. Any resident readmitted to the facility will be weighed within 24 hours of return to the facility.
3. Each resident will be weighed every monthly or more frequently (weekly or daily) per physician’s order, nursing or dietary recommendation.
   1. Monthly weight will be obtained by the 5th of the month.
   2. Reweight obtained will be obtained by the 7th of the month.
   3. Weights will be recorded in the medical record by the 7th of the month.
4. Reweight will be obtained if a weight change triggers any of the following criteria:

|  |  |
| --- | --- |
| Interval | % of Weight Change |
| 1 Week | 2% |
| 30 days | 5% |
| 90 days | 7.5% |
| 180 days | 10% |

1. After reweigh, if resident meets any of the above criteria, resident has

had a significant weight change.

1. The dietitian will reassess each resident with a significant weight change. Appropriate recommendations will be documented in the medical record.
2. Residents with significant weight change should be monitored per IDT, per Nutrition at Risk.