

Quality Control Monitoring Sheet for Anthropometric Technique

This check sheet is to be used to assess screening technique
 (When a technique is not appropriate, please indicate corrective
 action or other comments in the column provided.)

Supervisor _____

Clinic _____

Trainee _____

Date _____

Key: A = Appropriate NA = Not Appropriate

Infant Length	A	NA	Comments
Child is less than 24 months of age			
Clothing does not interfere with the measurement - hats and shoes are removed			
Hair does not interfere with the measurement (no braids)			
Infant laid on his back on the measuring board			
One person holds the infant's head firmly against the headboard			
Infant's eyes are pointing directly at ceiling			
Second person brings infant's knees together and extends legs			
Infant is fully extended when measurement is read			
Movable footboard rests firmly against the infant's heels			
Length is read correctly			
Measurement is recorded to the nearest 1/8 inch in participant's record			
Measurement is correctly plotted on length for age graph			
Infant Weight	A	NA	Comments
Child is less than 24 months of age			
Scale balances at zero (with clean, protective sheet) before each use			
Infant is nude (or in a dry diaper) - no shoes			
Infant is laid in center of scale			
Examiner slides appropriate weights until scale is in balance			
Weight is correctly read from the fractional and main weights			
Measurement is recorded to the nearest ounce in participant's record			
Weights are returned to the zero position			
Examiner protects child from accidents throughout procedure			
Measurement is correctly plotted on weight for age graph			
Measurement is correctly plotted on weight for length graph			

Child Height	A	NA	Comments
Child is over 24 months of age			
Hats and shoes are removed			
Clothing does not interfere with measurement			
Child stands tall with shoulder blades, buttocks, and heels touching the measuring tape			
Arms are at sides, knees together, feet flat on floor			
An appropriate headboard is lowered until it firmly touches only the crown of the child's head			
Height is correctly read where the bottom of the headboard touches the measuring tape			
Measurement is recorded to the nearest 1/8 inch in the participant's record			
Measurement is correctly plotted on height for age graph			
Child Weight	A	NA	Comments
Scale balances at zero			
Child wears only light clothing - no shoes			
Child is over 24 months of age			
Child stands in center of platform, body upright, arms hanging naturally at sides, head pointed straight ahead			
Examiner slides appropriate weights until scale is in balance			
Weight is correctly read from the fractional and main weights			
Measurement is recorded to the nearest 1/4 pound in participant's record			
Weights are returned to the zero position			
Measurement is correctly plotted on weight for age graph			
Measurement is correctly plotted on height for weight graph			

Adult Height	A	NA	Comments
Adult is over 24 months of age			
Hats and shoes are removed			
Clothing does not interfere with measurement			
Adult stands tall with shoulder blades, buttocks, and heels touching the measuring tape			
Arms are at sides, knees together, feet flat on floor			
An appropriate headboard is lowered until it firmly touches only the crown of the Adult's head			
Height is correctly read where the bottom of the headboard touches the measuring tape			
Measurement is recorded to the nearest 1/8 inch in the participant's record			
Measurement is correctly plotted on height for age graph			
Adult Weight	A	NA	Comments
Scale balances at zero			
Adult wears only light clothing - no shoes			
Adult is over 24 months of age			
Adult stands in center of platform, body upright, arms hanging naturally at sides, head pointed straight ahead			
Examiner slides appropriate weights until scale is in balance			
Weight is correctly read from the fractional and main weights			
Measurement is recorded to the nearest 1/4 pound in participant's record			
Weights are returned to the zero position			
Measurement is correctly plotted on weight for age graph			
Measurement is correctly plotted on height for weight graph			