

TITLE:	WEIGHT LOSS	POLICY 9.03
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PURPOSE:

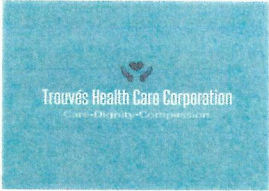
To maintain a residents proper healthy weight

POLICY:

It is the policy of the facility to monitor residents' weights on a regular basis in order to ensure that each resident maintains or enhances their health status, unless the resident objects.

PROCEDURE:

1. Height and weight measurements will be obtained within fourteen (14) days of admission, with resident's consent, and documented on the admitting assessment form.
2. All residents' weights will be obtained on a quarterly basis for those noted to be at risk, or if a specific regimen is requested by the primary care provider, or if the resident requests otherwise.
3. If a significant weight loss or significant weight gain is noted, the resident will be re-weighed immediately; then the nursing staff and dietary staff will observe the resident for changes. Observations will include: meal intake, physical changes such as changes in swelling or edema, noting loose fitting or tighter fitting clothing, input from the resident regarding appetite, comments regarding food, etc.
4. Taking into consideration the various observations made, the nursing staff will assess the weight change. The assessment will include the amount of weight change noted, contributing factors to the weight change, and if the weight change was desired (or planned) by the resident or the resident's health care practitioner. If the weight change was undesired, it is necessary to document interventions made to help deter weight change, and monitor the resident for other conditions which may result from significant weight change.
5. The resident's health care practitioner will be notified of the significant weight change. A referral can be made to a consultant registered dietitian or health care practitioner for further assessment regarding changes and interventions on an individual basis-updating the negotiated service agreement in the process.



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6. A significant weight change is calculated as follows:

(Current weight minus previous weight) then divided by the previous weight.

Take this new number times 100 to give the percentage of change.

*Example - Mary weighed 150 lbs. in September. Now she weighs 130 lbs. in December
150 lbs. - 130 lbs. = 20 lbs.
20 lbs. divided by 150 lbs. = .13 lbs. x 100 = -13%
Therefore, Mary has lost 13% of her weight over the last quarter (3 months)*

7. Significant weight change is considered to be any of these:

- a. 5% change in one month.
- b. 7.5% change in 3 months.
- c. 10% change in 6 months.

EXCEPTIONS:

No exceptions to this policy may be granted without the prior written approval of the Director.

SUPERCEDES:

None