

**VITAL SIGN STATION PROCEDURES
CHIMPS BRIGADA**

1. Acute illness: Hx of any fever or illness in past day. If positive, oral/rectal temp. Obtain RR, HR if indicated by history of respiratory or heart problems

2. Screening: Do following vital signs on everyone and record on history form:

Weight – All ages

Height - Age 3 and over

BP – Age 16 and over

Mid Upper Arm Circumference (MUAC): Birth to age 3

OFC: Birth to age 3

3. Calculate and record: BMI for age 4 and over
MUAC: OFC ratio for ≤ 3

4. Determine if patient meets criteria for malnutrition; mark on the history form

Age Group	Measure	Malnut if Below:
≤ 3 yrs	Ratio: Mid Arm Circumference to Head Circ	0.31 both genders
	Body Mass Index (BMI)	Both Genders
4		14.8
5		14.5
6		14.5
7		14.7
8		14.9
9		15.1
10		15.6
11		16.0
12		16.5
13		17.0
14		17.5
15		18.2
16		19.0
17		19.5
18 and over		20.0

5. Determine if patient meets criteria for over nutrition: mark on history form:

Waist circumference over 35 inches in women; over 40 inches in men or BMI more than 27 in women and more than 28 in men.

Supplies Needed:

Scale for (children over 4 and adults)

Tape measure to attach to wall to measure height

Tape measure for head and mid upper arm measurements

Tape measure or waist measuring belt for men and women

Blood pressure cuff

Stethoscope

Thermometer

BMI wheel and small hand held calculator for ratio of OFC/MUA