

Body Measurements

Body Measurements

- Mother's height
- Mother's axillary temperature
- Mother's mid-upper arm circumference
- Newborn's weight

- In general:
 - **Explain first**, before you start manipulating the participant
 - Code the measurement instruments, so errors can be traced
 - Ensure that **2 independent measurements** are made (improves accuracy and reduces errors)

Maternal Height

- Ask the participant to remove her shoes
- Position the participant with her back to the measurement tape
 - Heels and back of the head touching wall
 - Participant standing straight
- The reader makes the reading
 - The interviewer records the reading
- A 2nd interviewer repeats the procedure
 - If a discrepancy of 2 cm or more, repeat until agreement (a difference < 2 cm)

Axillary Temperature

- Preferably use digital thermometers (degrees C.) that beep when ready
- Position the thermometer in the axilla with direct skin contact
- Participant should squeeze arm tight to the chest until the measurement is done; elbow should be bent
- Remove the thermometer when it beeps
- Repeat the measurement: if difference ≥ 0.5 degrees Celsius or if measurement < 35.5 , repeat
 - Clean the thermometer in between participants

Mother's Mid-upper Arm Circumference

- Explain what you are going to do
- Identify the top of the shoulder and the elbow
- With a ruler, mark the middle between these points
- Measure the arm circumference at the point of the mark, using a measurement tape in cm
- A 2nd interviewer repeats the procedure
 - If a discrepancy of 1 cm or more, repeat until there is agreement (a discrepancy < 1 cm)

Newborn's Weight

- **Ask the mother to remove the newborn's clothes**
- **Put one of the baby's clean nappies/diapers on the scale to protect it and then deduct the weight of the nappy/diaper**
- **Put the baby on the scale**
- **Read when the baby is not moving**
- **A 2nd interviewer repeats the reading; if discrepancy is ≥ 100 gm, repeat until there is agreement**
- **Clean the scale regularly and immediately after contamination**