

## SECTION K: SWALLOWING/NUTRITIONAL STATUS

**Intent:** These items assess the patient's body mass index (BMI) using the patient's height and weight.

### K0200. Height and Weight

K0200. Height and Weight - While measuring, if the number is X.1 - X.4 round down; X.5 or greater round up	
<div style="border: 1px solid black; width: 40px; height: 20px; margin-bottom: 2px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px; margin-bottom: 2px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div style="text-align: center; font-size: 8px;">inches</div>	<b>A. Height</b> (in inches). Record most recent height measure since admission.
<div style="border: 1px solid black; width: 40px; height: 20px; margin-bottom: 2px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px; margin-bottom: 2px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px; margin-bottom: 2px;"></div> <div style="border: 1px solid black; width: 40px; height: 20px;"></div> <div style="text-align: center; font-size: 8px;">pounds</div>	<b>B. Weight</b> (in pounds). Base weight on most recent measure in last 3 days; measure weight consistently, according to standard facility practice (e.g., in a.m. after voiding, before meal, with shoes off).

### Item Rationale

- Diminished nutritional and hydration status can lead to debility that can adversely affect wound healing and increase risk for the development of pressure ulcers.
- Height and weight measurements (and BMI calculation) assist staff in assessing the patient's nutrition and hydration status by providing a mechanism for monitoring stability of weight and BMI over a period of time. The measurement of height and weight for the calculation of BMI is one guide for determining nutritional status.

### Steps for Assessment for K0200A, Height

- Measure height in accordance with the facility's policies and procedures, which should reflect current standards of practice (shoes off, etc.).
- Measure and record height in inches.

### Coding Instructions for K0200A, Height

*Complete only if A0250 = 01 Admission.*

- Record the patient's height to the nearest whole inch.
- Use mathematical rounding (i.e., if height measurement is X.5 inches or greater, round height upward to the nearest whole inch. If height measurement number is X.1 to X.4 inches, round down to the nearest whole inch). For example, a height of 62.5 inches would be rounded to 63 inches, and a height of 62.4 inches would be rounded to 62 inches.

### Steps for Assessment for K0200B, Weight

- Weight should be measured in accordance with the hospital's policies and procedures, which should reflect current standards of practice (shoes off, etc.).
- Measure and record the patient's weight in pounds.
- If the patient has been weighed multiple times during the assessment period, use the first weight.

## Coding Instructions for K0200B, Weight

*Complete only if A0250 = 01 Admission.*

- Use mathematical rounding (e.g., if weight is X.5 pounds [lbs.] or more, round weight upward to the nearest whole pound. If weight is X.1 to X.4 lbs., round down to the nearest whole pound). For example, a weight of 152.5 lbs. would be rounded to 153 lbs., and a weight of 152.4 lbs. would be rounded to 152 lbs.
- If a patient is weighed multiple times during the assessment period, the first weight should be used.
- If a patient cannot be weighed, for example, because of extreme pain, immobility, or risk of pathological fractures, the use of a dash (–) is appropriate. Document the rationale on the patient's medical record.

## Coding Tips and Special Populations

- When reporting height for a patient with bilateral lower extremity amputation, measure and record the patient's current height (i.e., height after bilateral amputation).