

PLEASE Measure ME

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Background

Children for Child Immunisation programme will have their weight and height measured at every visit for assessment and monitoring. Due to space constraint in the Immunisation room, the weight and height measuring area was set up near the waiting area in the Child Wellness Suite. The nurse will come out from the immunisation room and measure the child weight and height before screening and administering the scheduled vaccination in the immunisation room.

Aims

- To optimize parents waiting time by participating in their child weight and height measurement.
- To engage parents in monitoring their children's growth.
- To lessen the anxiety of the children.

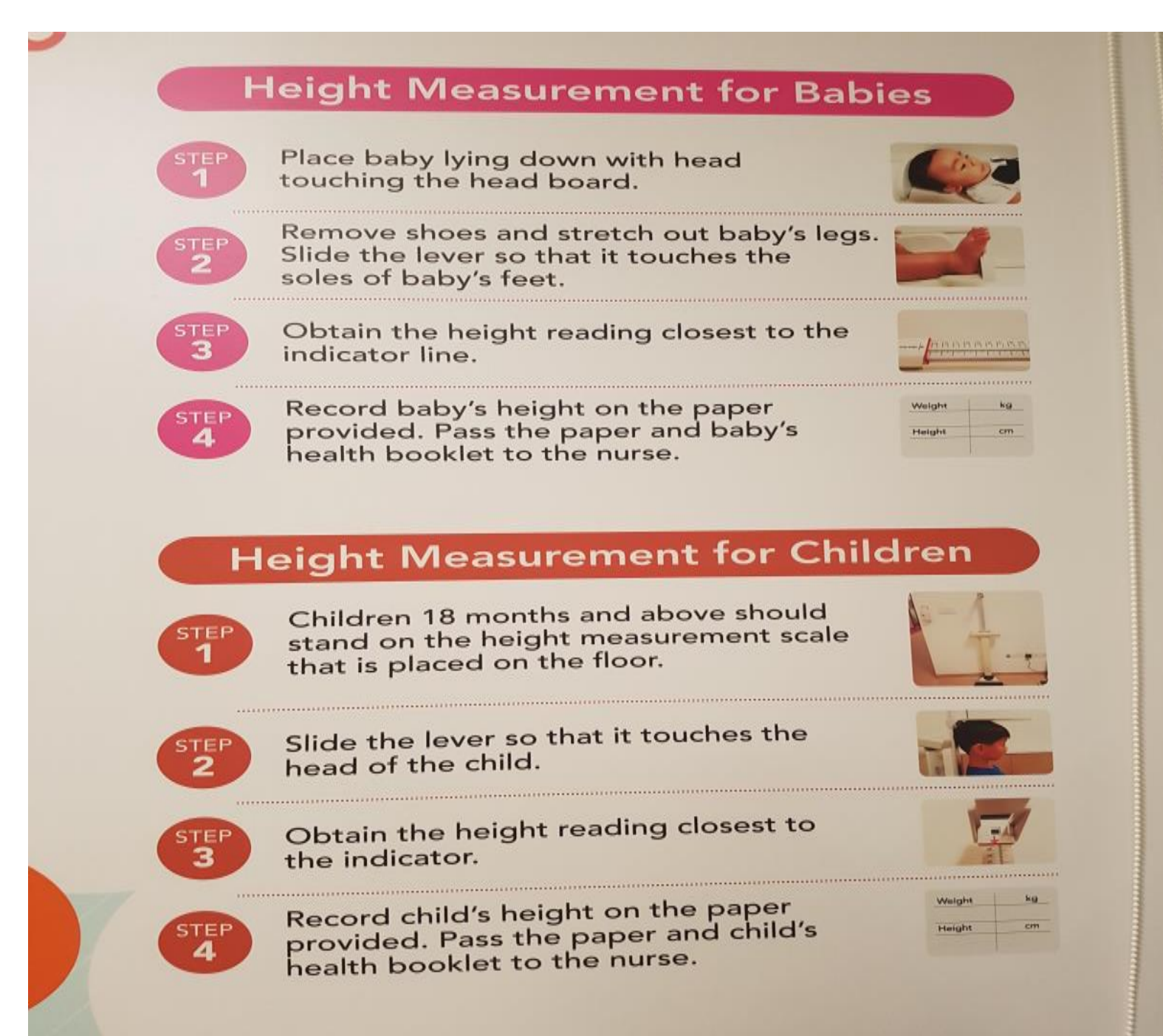
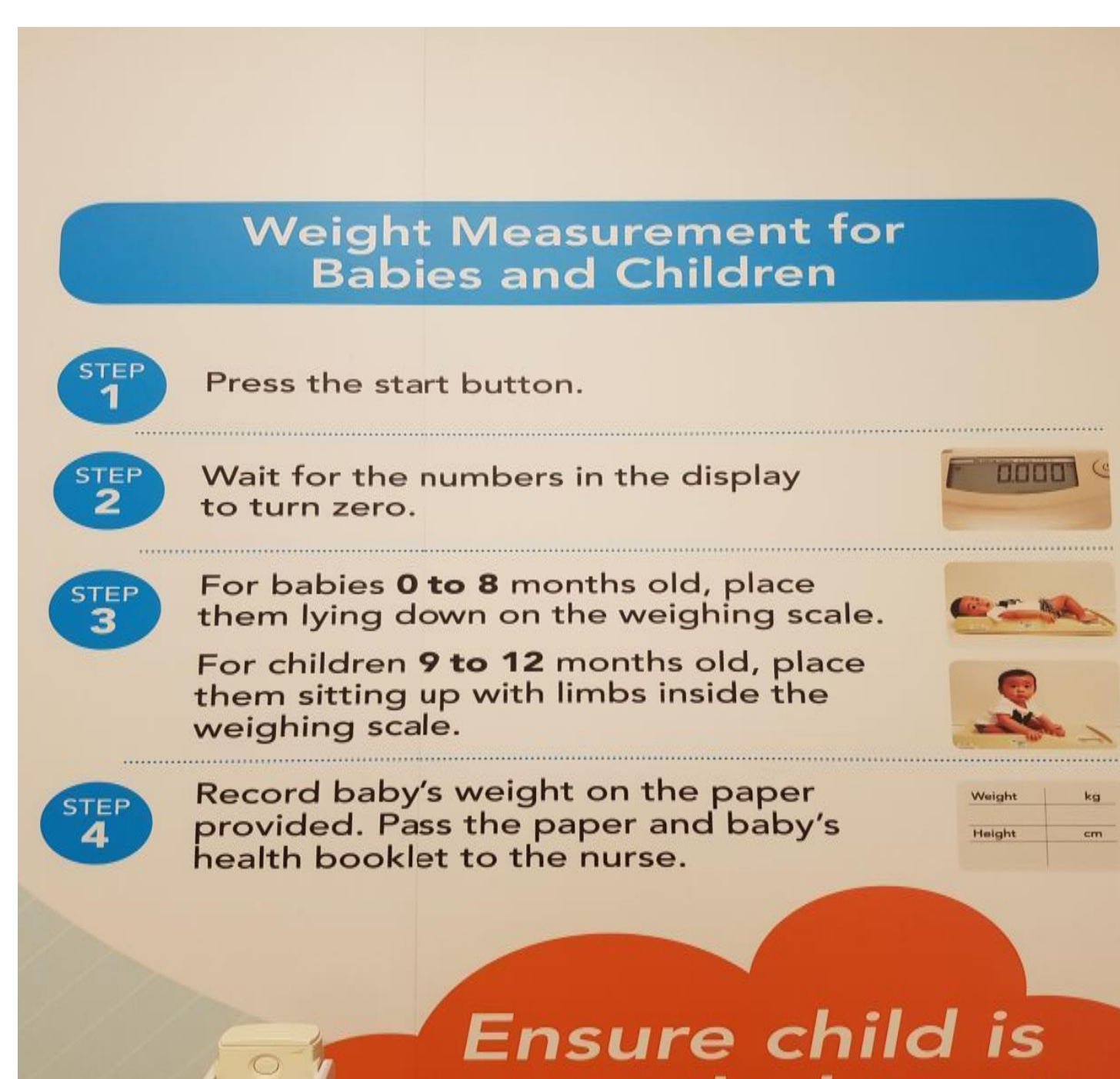
Intervention

- Parents/caregiver are requested to measure their child weight and height at the measurement area while waiting to be called into the immunisation room.
- Parents refer to the wall mural which provide step by step instructions on how to read the measurements on the weight and height scale.
- The child measurement will be written on the slip of paper provided and given to the nurse for plotting in the Child Health booklet



Weight		kg
Height		cm

Step By Step Measurement



Results

- 98% of parents/caregivers have taken their child weight and height measurement themselves.
- Child was less fearful and more cooperative when their weight and height measurement were taken by their own family members compared to strangers (nurse).
- Immunisation process has shortened which resulted in shorter waiting time for parents.

Conclusion/ Feedback

Parents attending Bedok polyclinic for their child Immunisation, routinely measure their child's weight and height while waiting to be called into the Immunisation room. This activities promote parents participation in their child growth measurement.