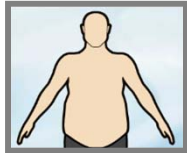


Waist Circumference Measurement Guidelines - Healthcare Professional

Step 1

Ask the patient to place himself in the following manner:

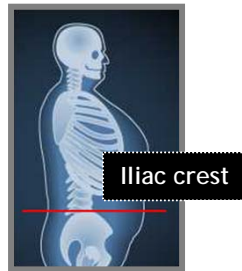
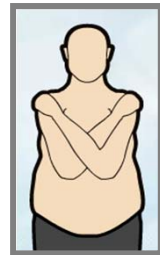
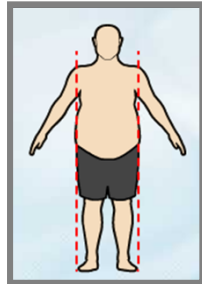
- Clear the abdominal region
- Feet shoulder-width apart
- Arms crossed over the chest



Man



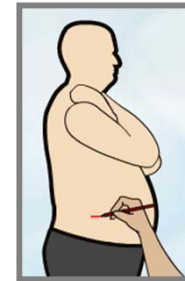
Woman



Step 2

It is suggested to kneel down to the right of the patient in order to measure waist girth.

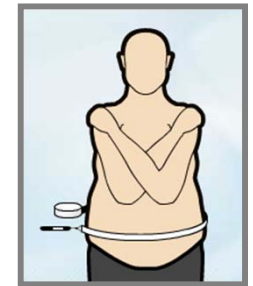
- Palpate the patient's hips to locate the top of the iliac crest.
- Draw a horizontal line halfway between the patient's back and abdomen.



Step 3

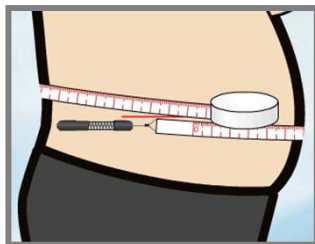
- Place the measuring tape horizontally around the patient's abdomen.

* To work comfortably, it is suggested to wrap the tape around the patient's legs and then move it up.



Step 4

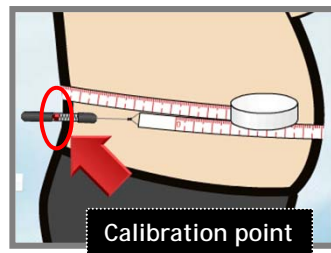
- Align the bottom edge of the tape with your marked point.



Step 5

It is recommended to use a measuring tape with a spring handle, such as the Gulick measuring tape, in order to control the pressure exerted on the patient's abdomen.

- Gently tighten the tape around the patient's abdomen without depressing the skin.

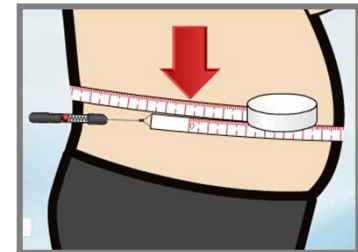


* When using a measuring tape with a spring handle, pull the end of the tensioning mechanism until the calibration point is just visible.

Step 6

It is suggested to request the patient to relax and breathe NORMALLY (abdominal muscles should not be contracted).

- Ask the patient to take 2 or 3 NORMAL breaths.
- Measure from the zero line of the tape (to the nearest millimetre) at the end of a NORMAL expiration.



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