



SDRN: Scottish Diabetes Research Network

Measurement & Recording of Height

Clinical S.O.P. No.: 5

Version 1.0

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DOCUMENT HISTORY

Version number	Detail of purpose / change	Author / edited by	Date edited
1.0	New SOP	Shona Brearley	

1. Introduction

The measurement of height is necessary in the calculation of (BMI) of patients. Along with weight, waist /hip ratio and body impedance, this can give a good measure of adiposity and central adiposity.

2. Objectives

To describe the procedure for the measurement and recording of height and to promote uniformity within the SDRN in accordance with ICH GCP guidelines.

3. Responsibilities

Research staff trained in the measurement of height using the equipment supplied. All equipment should be standardised throughout the SDRN sites. The recording of these measurements should be accurate and follow ICH GCP guidelines.

4. Equipment

A Leicester height measuring stick is the normal measure for this procedure.

5. General points

- Inform participant of need for procedure and obtain verbal consent.
- Height measurement should be recorded in the CRF.

6. Procedure

- All patients should be measured without shoes. Instruct him/her to stand with back against the vertical scale. Ensure they are standing as tall as possible and looking straight ahead. Lower the horizontal measure to touch the top of the head. And take a reading in metres/centimetres.
- Document these measurements in the CRF. The documentation should be accurate and follow ICH GCP guidelines.