

CIRCUMFERENTIAL MEASUREMENTS USING VERNIER TAPE

Circumferential measurements are increasingly used to assess wasting as well as adiposity and risk of noncommunicable diseases .

Non stretch fibre glass tapes are used for circumferential measurements ; these are readily available .

Vernier attachment to the fibre glass tape improves both ease and accuracy of circumferential measurements especially mid upper arm circumference measurements in infants and young children

Vernier tape can readily be made by the students and attached to the fibre glass tape

MEASUREMENT OF MID UPPER ARM CIRCUMFERENCE

Make the person stand straight. Pass the finger on the spine of the scapula and identify the tip of acromion

Request the person to bend their lower arm at right angle to the upper arm

Identify tip of olecranon processes

Measure the length between these two using a non- stretch tape



MEASUREMENT OF MID UPPER ARM CIRCUMFERENCE

**Mark the midpoint between
tip of acromion and
olecranon processes**



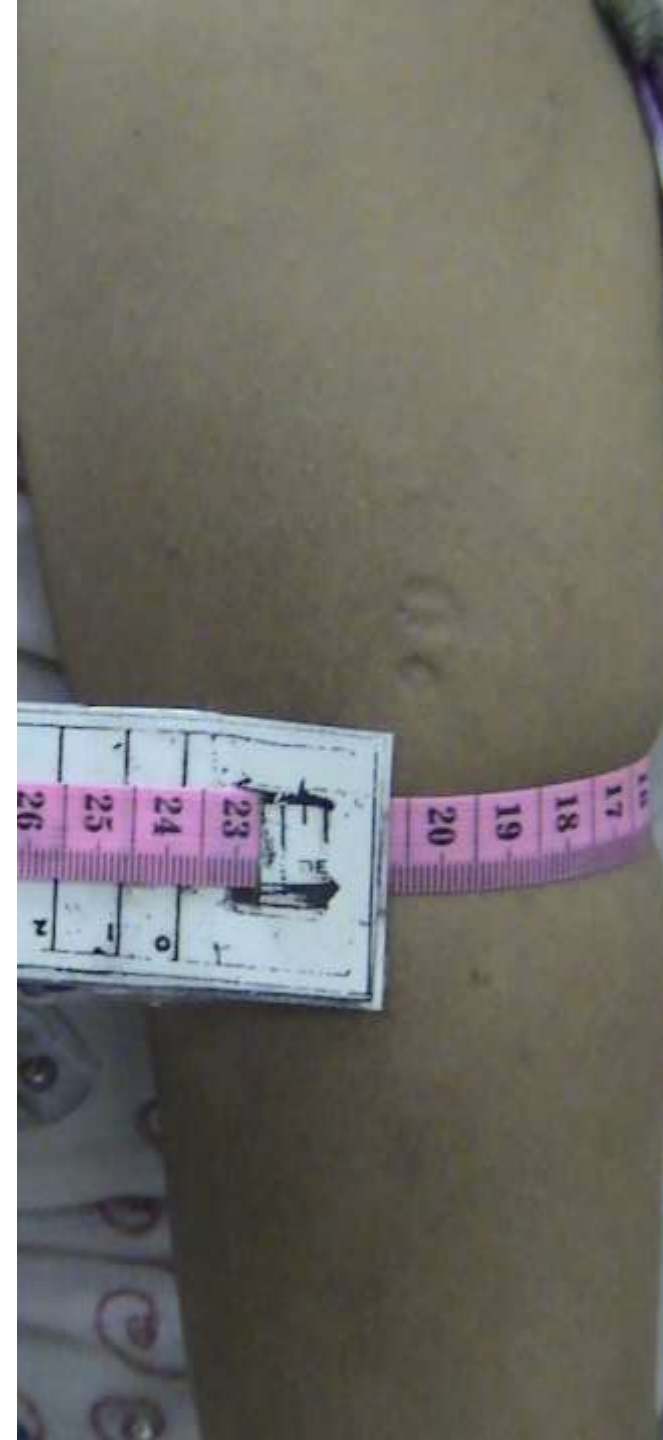
MEASUREMENT OF MID UPPER ARM CIRCUMFERENCE

Wind the non-stretch tape round the arm with lower border of the tape at the midpoint between tip of acromion and olecranon processes



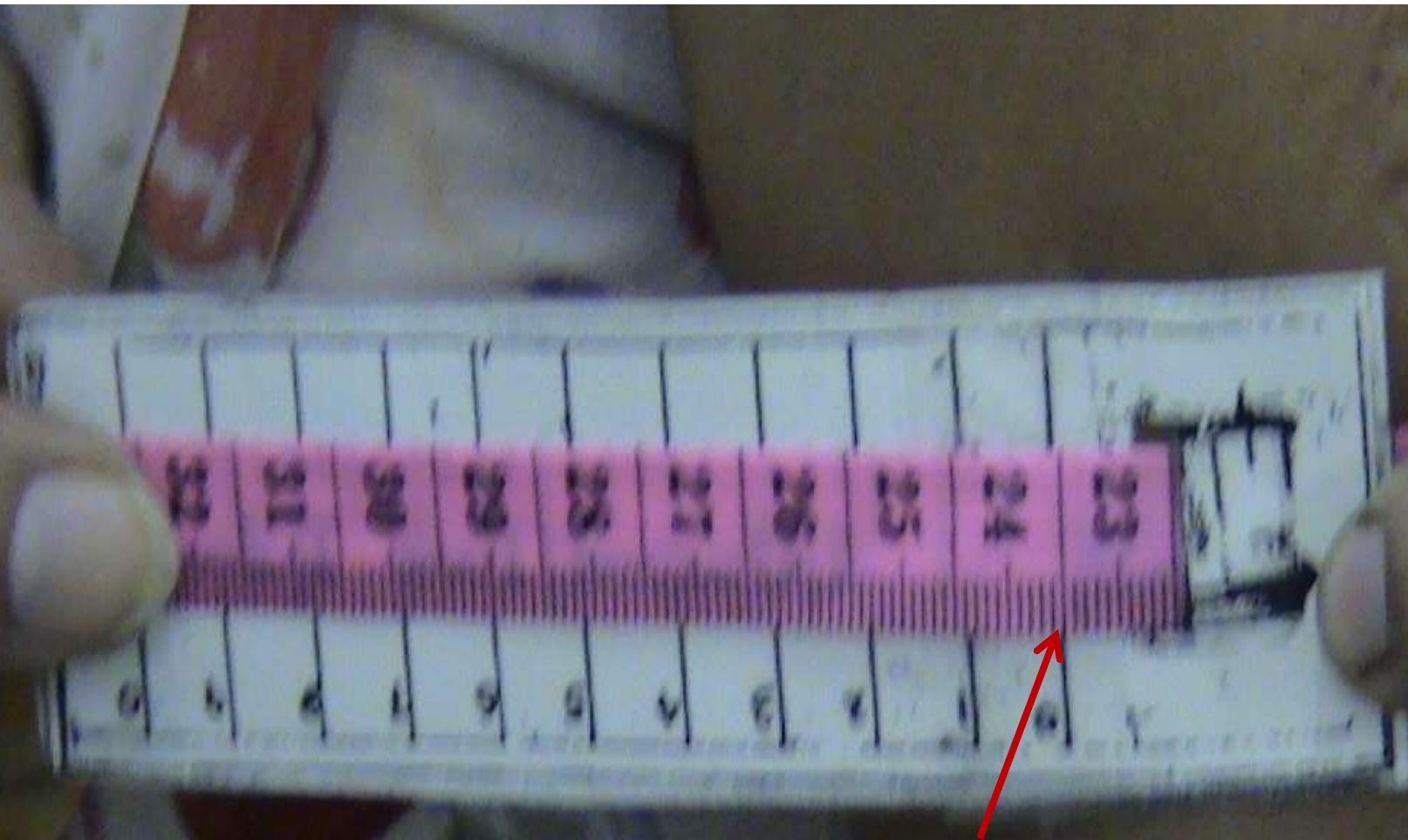
MEASUREMENT OF MID UPPER ARM CIRCUMFERENCE

Insert the free end of the tape into the slot in the vernier tape so that it fits the mid upper arm snugly



MEASUREMENT OF MID UPPER ARM CIRCUMFERENCE USING VERNIER TAPE

Read the mid upper arm circumference in the non-strech tape (23) and the vernier (0) . MUAC in this persons is 23 cms



MEASUREMENT OF WAIST CIRCUMFERENCE USING VERNIER TAPE

Waist is identified as the smallest circumference in the trunk between costal margin and iliac crest

Stand in front of the person and wind the nonstretch tape snugly around the waist



MEASUREMENT OF WAIST CIRCUMFERENCE USING VERNIER TAPE

The reading in the non-stretch tape is 59cm

The non-stretch tape main division coincides with vernier tape division 7.

Her waist circumference is 59.7cm



MEASUREMENT OF HIP CIRCUMFERENCE USING VERNIER TAPE

Hip circumference is measured at the largest circumference in the hip region. Stand to one side of the person to be measured. Wind the nonstretch tape snugly around the largest circumference around the hip.



MEASUREMENT OF HIP CIRCUMFERENCE USING VERNIER TAPE

The vernier tape is wound snugly around the hip

Fibre glass tape reading is 84

The non-stretch tape main division coincides with vernier tape division 2.

Her hip circumference is 84.2 cm

