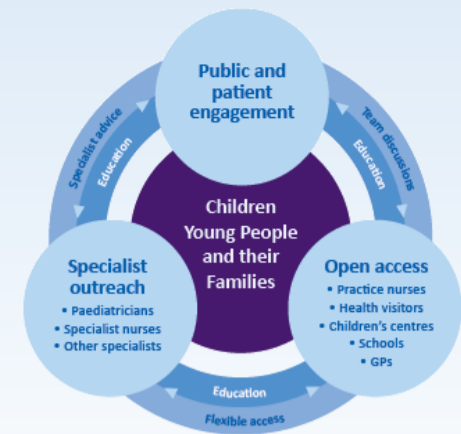


Exploring the experience for young people being weighed and measured in hospital

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Connecting Care for Children (CC4C) is an integrated care collaborative linking paediatricians, primary care (GPs) and local communities.

We work with six General Practitioner (GP) Primary Care Networks (PCNs) across North West London. The PCNs host specialist clinics with a GP and Paediatrician and multidisciplinary team (MDT) meetings.



The Problem

Body image is a sensitive area for young people, yet being weighed and measured is a necessary part of most paediatric outpatient appointments.

Impact

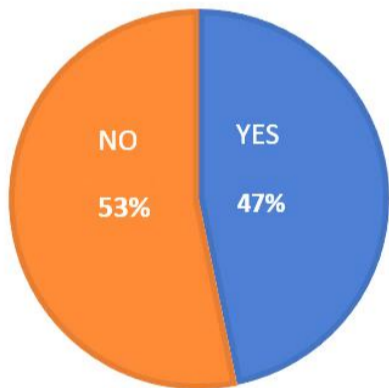
The poster we developed in response to the feedback, for display in outpatient areas. Scan the QR code at the bottom of the poster to download:

What we did

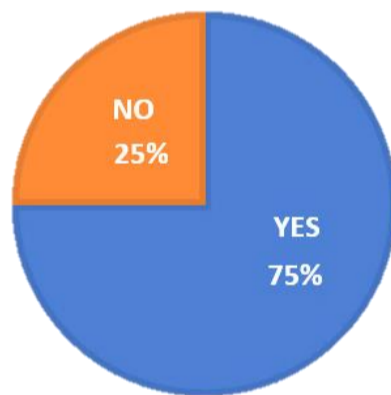
We surveyed and interviewed 78 young people and professionals involved in their care about their experiences of being weighed and measured.

Results

DO YOU WANT MORE INFORMATION ABOUT WHY YOU ARE BEING WEIGHED?



DID WE ASK YOUR PERMISSION TO MEASURE YOUR HEIGHT AND WEIGHT TODAY?



- Nearly half of young people want more information about this process.
- Not all young people want to be told their weight- please ask them first!

'... I'd like more information.. It's always good to be involved. I am interested in my healthcare and this is a part of it'

'... I felt uncomfortable with the number of people in the room when they weighed me'

'... I don't want to be told (my weight), it makes me feel uncomfortable'

Why am I being measured today?

- It helps us to check your growth and development
- Some medication doses are based on weight, we can adjust your dose depending on your weight

Weight and height can be difficult topics for some people and you might not want to be measured today.

Please talk to us if this isn't a nice experience for you.

We will ask you whether you want to be told your measurements today. Some people like to be told and some people don't. Both are ok.

Do I have to be measured?

There is no 'perfect' body or weight.

We are all different shapes and sizes, but it's easy to feel pressure to look or feel a certain way.

How healthy you are, e.g. exercising and feeling good in yourself, is much more important than how you look.

If you're worried about weight or body image, talk to us.

connecting care for children
Got questions or comments about this poster? Get in touch at imperial.cc4c@nhs.net.

Message to others

- Young people should be involved in decisions about their body measurement.
- Professionals should be trained to engage with young people on matters surrounding body image and signpost to support.

Get in touch

www.cc4c.imperial.nhs.uk
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[@CC4CLondon](https://twitter.com/CC4CLondon)

