

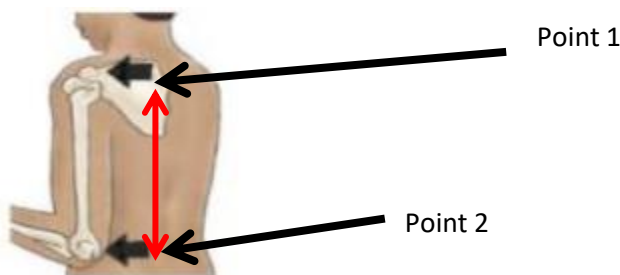
## Information sheet: A guide for caregivers as how to measure mid upper arm circumference

1. Two people will be needed to do this measurement in babies/young children.
  - a. For this measurement you will need a tape measure, pen and paper.
2. For children > 5 years one person will be required, with the child sitting on a chair.
3. Before you start wash your hands and wipe the tape measure with a clean damp cloth.
4. Explain to the child you will be measuring their left arm.
5. For a baby/young child ask the first person to place them securely on their lap.
6. Ask the first caregiver to hold their left arm bending it at the elbow alongside their body.



**Tip:** Feel a small indent at the top of the shoulder

7. The 2<sup>nd</sup> caregiver should feel for the top of the child's shoulder – feel for a little indent.



8. Put the tape measure at the top of the arm – ask the second caregiver to hold the arm straight at right angles to the body.
9. Measure the distance between point 1 and point 2 e.g. from the top of the shoulder to the tip of the elbow.
10. Write down the number on the tape measure at the tip of the elbow and work out what half of this number would be e.g. 10cm divided by 2 is 5cm.
11. With the tape measure still in place a small dot of the child's arm at the mid-point e.g. 5cm, using an eye liner or lip liner or pen.
12. Ask the second caregiver to let the arm hang loosely by their side.
13. Gently run the tape measure around the arm at the mid-point and read of the number where the tape measure crosses.



14. Repeat this for a second time and make a note of both measurements, which the dietitian will use to plot on a MUAC chart.