



**ESSENTIAL PROCEDURES IN
PAEDIATRIC INTENSIVE CARE**

Measuring mid-upper arm circumference

- Prepare your equipment. You will need a disposable tape measure and a method of recording the measurement. A segmometer may also be used.
- Measure the distance between the acromion process of the scapula and the olecranon process of the ulna
- Calculate the mid-point between these landmarks and mark it
- Straighten the arm and measure the circumference at this point
- The measurement should be performed three times, and the mean recorded