



Australian Government

Department of Health and Aged Care



National Aged Care Mandatory Quality Indicator Program Quick Reference Guide: Unplanned Weight Loss

This quick reference guide provides information for approved providers of residential aged care to understand and meet their obligations to collect and report data on unplanned weight loss for the QI Program.

The unplanned weight loss quality indicator is reported against:



Percentage of care recipients who experienced significant unplanned weight loss (5% or more)

Percentage of care recipients who experienced consecutive unplanned weight loss

Significant unplanned weight loss is where a person experiences weight loss equal to or greater than 5% over a three month period.

Consecutive unplanned weight loss is where a person experiences weight loss of any amount every month over three consecutive months of the quarter.

Significant unplanned weight loss

Collect significant unplanned weight loss data



Using your service's weight records, identify each care recipient's previous weight (finishing weight from the previous quarter)



In the final month of the current quarter, collect and record the finishing weight for each care recipient residing at the service, using a calibrated scale

Note: Always request the consent of care recipients to assess their body weight before making the assessment



For each care recipient who provided their consent, compare their finishing weight from the current quarter with their previous weight (finishing weight from the previous quarter) and calculate the percentage of weight loss



Record the number of care recipients:

- excluded because they withheld consent to be weighed on the finishing weight collection date
- excluded because they are receiving end-of-life care
- excluded because they did not have the required weights recorded (e.g. previous and/or finishing weights). Include comments as to why the weight recording/s are absent.
- who experienced significant unplanned weight loss (5% or more)

Approved providers of residential aged care must collect and report on significant unplanned weight loss data quarterly, according to the requirements set out in the QI Program Manual 3.0 – Part A (Manual).

Report significant unplanned weight loss data



Report the number of care recipients:

- who experienced significant unplanned weight loss of 5% or more when comparing their finishing weight and previous weight



Additionally, report the number of care recipients:

- assessed for significant unplanned weight loss
- excluded because they withheld consent to be weighed on the finishing weight collection date
- excluded because they are receiving end-of-life care
- excluded because they did not have the required weights recorded (e.g. previous and/or finishing weights). Include comments as to why the weight recording/s are absent.

Consecutive unplanned weight loss

Collect consecutive unplanned weight loss data



Using your service's weight records, identify each care recipient's previous weight (finishing weight from the previous quarter)



In the first, second and third month of the quarter, collect and record the weight for each care recipient residing at the service, using a calibrated scale

Note: Always request the consent of care recipients to assess their body weight before making the assessment



For each care recipient who provided their consent, compare the previous, starting, middle and finishing weights to determine if there has been weight loss in every month over three consecutive months of the quarter



Record the number of care recipients:

- excluded because they withheld consent to be weighed on the starting, middle and/or finishing weight collection dates
- excluded because they are receiving end-of-life care
- excluded because they did not have the required weights recorded (e.g. previous, starting, middle and/or finishing weights). Include comments as to why the weight recording/s are absent.
- who experienced consecutive unplanned weight loss of any amount

Approved providers of residential aged care must collect and report on consecutive unplanned weight loss data quarterly, according to the requirements set out in the QI Program Manual 3.0 – Part A (Manual).

Report consecutive unplanned weight loss data



Report the number of care recipients:

- who experienced consecutive unplanned weight loss of any amount



Additionally, report the number of care recipients:

- assessed for consecutive unplanned weight loss
- excluded because they withheld consent to be weighed on the starting, middle and/or finishing weight collection dates
- excluded because they are receiving end-of-life care
- excluded because they did not have the required weights recorded (e.g. previous, starting, middle and/or finishing weights). Include comments as to why the weight recording/s are absent

EXAMPLE

Care recipient A

- new to the service so no final weight for the previous quarter
- starting weight 59.6kg, middle weight 58.2kg and finishing weight 56.4kg
- percentage of weight loss unavailable

Care recipient B

- weighed 63kg at the end of last quarter
- starting weight 64.8kg, middle weight 60.2kg and finishing weight 59.5kg
- percentage of weight loss 5.6%

QI Program provider portal reporting requirements	Significant unplanned weight loss	Consecutive unplanned weight loss
Number of care recipients assessed for significant / consecutive unplanned weight loss	1	1
Number of care recipients excluded because they withheld consent to be weighed	0	0
Number of care recipients excluded because they are receiving end-of-life care	0	0
Number of care recipients excluded because they did not have the required weight records available	1	1
Number of care recipients who experienced significant unplanned weight loss (5% or more)	1	Not applicable
Number of care recipients who experienced consecutive unplanned weight loss of any amount	Not applicable	0

Data recording templates for each quality indicator are available on the department's website. Use the templates to automatically calculate and summarise data for submission through the My Aged Care provider portal.

Submit QI Program data

There are three ways QI Program data can be submitted:



1. Through the My Aged Care provider portal
2. Via a bulk file upload
3. Through a third-party benchmarking company



Data must be submitted by the **21st day of the month after the end of each quarter**



More information

The QI Program Manual, and other guidance materials, are available on the Department of Health and Aged Care [website](#).

For QI Program assistance, contact the My Aged Care provider and assessor helpline on 1800 836 799. The helpline is available between 8am and 8pm Monday to Friday, and between 10am and 2pm on Saturday local time across Australia, except for public holidays.