



Australian Government

Department of Health, Disability and Ageing



National Aged Care Quality Indicator Program (QI Program)

Quick Reference Guide: Unplanned Weight Loss

This guide helps registered providers of approved residential care homes (providers) collect and report data on unplanned weight loss for the QI Program.

You must report the unplanned weight loss quality indicator against:



- **Percentage of individuals who experienced significant unplanned weight loss (5% or more)**
- **Percentage of individuals who experienced consecutive unplanned weight loss**

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

Consecutive unplanned weight loss is where a resident experiences weight loss of any amount every month over three consecutive months of the reporting period (quarter).

Note: *If a resident has a written record from a medical doctor or dietitian, which includes planned weight loss (e.g. body fat or fluid), this weight loss will not be counted as unplanned weight loss. Where no such record exists, all weight loss must be considered unplanned regardless of the body size or any other characteristic of the resident.*

1. Significant unplanned weight loss

Collect significant unplanned weight loss data



Using your aged care home's weight records, identify each resident'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 resident residing at the aged care home, using a calibrated scale

Note: *Consent needs to be obtained from a resident before measuring their weight.*



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



Record the number of residents:

- 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)

Registered providers of approved residential care homes must collect and report on significant unplanned weight loss data quarterly. See the [QI Program Manual– Part A](#).

Report significant unplanned weight data



Report the number of residents:

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



Additionally, report the number of residents:

- 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.

2. Consecutive unplanned weight loss

Collect consecutive unplanned weight loss data



Using your aged care home's weight records, identify each resident'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 resident residing at the aged care home, using a calibrated scale

Note: *Consent needs to be obtained from a resident before measuring their weight*



For each resident who provided consent, compare 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 residents:

- 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

Registered providers of approved residential care homes must collect and report on consecutive unplanned weight loss data quarterly. See the QI Program Manual– Part A.

Report consecutive unplanned weight data



Report the number of residents:

- who experienced consecutive unplanned weight loss of any amount



Additionally, report the number of residents:

- 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

Resident A		Resident B	
- new to the aged care home 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		- 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 residents assessed for significant / consecutive unplanned weight loss		1	1
Number of residents excluded because they withheld consent to be weighed		0	0
Number of residents excluded because they are receiving end-of-life care		0	0
Number of residents excluded because they did not have the required weight records available		1	1
Number of residents who experienced significant unplanned weight loss (5% or more)		1	Not applicable
Number of residents who experienced consecutive unplanned weight loss of any amount		Not applicable	0

Data recording templates for each quality indicator are available on the [QI Program resources webpage](#). Use the templates to calculate and summarise data to submit through the Government Provider Management System (GPMS).

Submit QI Program data

There are three ways you can submit QI Program data:



1. through the GPMS
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



You can find the QI Program Manual and other guidance on the [QI Program's resources webpage](#).

For assistance, contact the My Aged Care provider and assessor helpline on 1800 836 799 and select option 5.

The helpline is closed on Sunday and public holidays. It is open:

- between 8am and 8pm Monday to Friday
- between 10am and 2pm on Saturday.

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Phone **1800 200 422** (My Aged Care's free-call phone line)

For translating and interpreting aged care homes, call 131 450 and ask for 1800 318 209. To use the National Relay Aged care home, visit nrschat.nrscall.gov.au/nrs to choose your preferred access point on their website, or call the NRS Helpdesk on 1800 555 660.