

# Sizing Matrix for Proper Selection of Adult Disposable Briefs

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One intent of the revised CMS surveyor guidance for incontinence is to ensure that “each resident who is incontinent of urine is identified, assessed and provided appropriate treatment and services to achieve or maintain as much normal urinary function as possible.” Long-term care facilities need to have procedures in place to assure appropriate interventions are defined, implemented, monitored, and revised in accordance with current standards of practice. Furthermore, changes in condition must be recognized, evaluated and addressed.

Interventions mentioned by the new guidance include the use of absorbent products, toileting devices, and external collection devices. Although absorbent products can be useful in managing incontinence,

several factors should be considered before selecting a product, including level of incontinence, gender, fit, and ease of use. Proper size selection can reduce incidents of blistering, rashes, and leakage while ensuring resident dignity.

The Sizing Matrix assessment tool was developed to help you identify the correct size for each resident. It is a quick reference tool that does not require an actual measurement. The reference guide is based on body mass index, using general information such as gender, weight, and height to determine product size. Upon admission and on a monthly basis, residents’ proper size can be determined and documented to ensure proper fit and promote resident dignity.

## Sizing Matrix

	Weight & Height	Size of Brief	Color Coding	Waist and Hip
<b>Females</b>	75-90 lbs.	Small	Blue	20"-31"
	90-115 lbs.	Medium	White	32"-44"
	115-130 lbs.	Medium or Regular	Purple	34"-56"
	130-175 lbs.	Large	Blue	45"-58"
	175-235 lbs.	X-Large	Beige	59"-66"
	Greater than 235 lbs.	XX-Large or mesh pants w/liner	Green	60"-69"
<b>Males</b>	120-150 lbs.	Medium	White	32"-44"
	150-200 lbs.	Regular or Large	Purple	34"-56"
	200 lbs. & taller than 6'0"	Large	Blue	45"-58"
	200 lbs. & shorter than 6'0"	X-Large	Beige	59"-66"
	Greater than 250 lbs.	XX-Large or mesh pants w/liner	Green	60"-69"

*Note: Some situations may require measurement to ensure proper fit. Also, consider the resident's weight distribution.*