

Screening Residents' Nutritional Risk

INTRODUCTION

Initial assessment of a resident when they are admitted to the facility includes screening residents' nutritional risk.

Screening residents' nutritional risk involves calculating the BMI and asking several questions about weight, whether the resident has been acutely ill and dietary intake.

HOW TO CALCULATE BMI

ULNA LENGTH / HEIGHT

1. Put resident's right hand (if right arm is sore use left) on their left shoulder.
2. Use the tape measure (see *Information Sheet 6: Metal Tape Measures*) to measure from the point that sticks out at the wrist to the tip of the elbow.
3. Record the ulna length on the *Resident Monthly Weight Chart (Chart 1)*.
4. Identify the correct height from the table (overleaf) and record it on the *Resident Monthly Weight Chart*. For more information see *Information Sheet 5: How to Measure Ulna Length* or accompanying DVD.



WEIGHT

- Use resident's current weight (in the last three weeks) and write the weight on the *Resident Monthly Weight Chart*.
- Write the date the weight was recorded in the box at the bottom of the graph.
- Locate the resident's weight on the vertical axis and put a cross in the blue column.
- For instructions on how to measure weight, see *Information Sheet 4: Accurate Measurement of Weight* or accompanying DVD.

BMI

Using the *BMI Table (Tool 1)* first go to the bottom axis and locate the resident's height. Then go to the vertical axis and locate the resident's weight and find where the two points meet and this is the resident's BMI. Note the colour the BMI falls into on the table and match this to the colour on the *Nutrition Screening Flowchart (Tool 2)*.

FLOWCHART

The colour the resident's BMI falls into decides which course of action is appropriate. The flowchart recommends a nutrition plan. Use the examples provided on the *Snack Food Suggestions list (Tool 3)* to form your action plan.

OPTIMAL BMI

An optimal BMI is recommended in the 'Aim' box on the *Nutrition Screening Flowchart (Tool 2)*. Record this optimal BMI as a green line on the *Resident Monthly Weight Chart* as a visual check of the resident's progress. Calculate the optimal BMI using the instructions on the *Resident Monthly Weight Chart*.



A case study showing the use of these charts can be found in the 'Screening and Assessing Examples' section.

DOCUMENTATION

Record BMI, illness and nutrition plan on the *Action Plan (Chart 3)*.

REVISION

Review weight, BMI and nutritional risk monthly. If resident becomes unwell or isn't eating, review immediately.

HEIGHT ESTIMATED BY ULNA LENGTH

HEIGHT (M)		Ulna Length (cm)	HEIGHT (M)	
Men			Women	
(<65 years)	(>65 years)		(<65 years)	(>65 years)
1.94	1.87	32.0	1.84	1.84
1.93	1.86	31.5	1.83	1.83
1.91	1.84	31.0	1.81	1.81
1.89	1.82	30.5	1.82	1.79
1.87	1.81	30.0	1.79	1.78
1.85	1.79	29.5	1.77	1.76
1.84	1.78	29.0	1.76	1.75
1.82	1.76	28.5	1.75	1.73
1.80	1.75	28.0	1.73	1.71
1.78	1.73	27.5	1.72	1.70
1.76	1.71	27.0	1.70	1.68
1.75	1.70	26.5	1.69	1.66
1.73	1.68	26.0	1.68	1.65
1.71	1.67	25.5	1.66	1.63
1.69	1.65	25.0	1.65	1.61
1.67	1.63	24.5	1.63	1.60
1.66	1.62	24.0	1.62	1.58
1.64	1.60	23.5	1.61	1.56
1.62	1.59	23.0	1.59	1.55
1.60	1.57	22.5	1.58	1.53
1.58	1.56	22.0	1.56	1.52
1.57	1.54	21.5	1.55	1.50
1.55	1.52	21.0	1.54	1.48
1.53	1.51	20.5	1.52	1.47
1.51	1.49	20.0	1.51	1.45
1.49	1.48	19.5	1.50	1.44
1.48	1.46	19.0	1.48	1.42
1.46	1.45	18.5	1.47	1.40

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