

# How to Measure Ulna Length / Height

## WHAT

Ulna length is an easy and accurate measurement you can use to calculate a resident's height.

## WHY

It is useful to know the resident's height so you can calculate their Body Mass Index (BMI) which helps to screen residents' nutritional status (see *Information Sheet 2: Screening Residents' Nutritional Risk*).

It is difficult to measure residents' height standing up because it can be unsafe and they may not be able to. Calculating height using ulna length is minimally intrusive and can be done with everyone.

## HOW

1. Explain the procedure to the resident.
2. Put resident's right hand (if right arm is sore use left) on their left shoulder.
3. 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.
4. Record the ulna length on the *Resident Monthly Weight Chart (Chart 1)*.
5. Identify the correct height from the ulna conversion table on information sheet 1 and record the height on the *Resident Monthly Weight Chart*.
6. Use the resident's height to calculate their BMI and screen the resident's nutritional risk (see *Information Sheet 1*).
7. If measured accurately, ulna length does not need to be repeated.



## WHEN & WHO

You can calculate every resident's ulna length/height when:

- They are admitted to the facility,
- They are being screened for nutritional risk.



See the accompanying DVD for a demonstration of these techniques