

**PEER ASSISTED LEARNING ACTIVITY:**

**ESTIMATING PATIENTS’ WEIGHT, HEIGHT & BMI (B/C PLACEMENTS)**

**Aim**: To enable learners to practice their skills at estimating service users’ weight, height & BMI

**Learning Objectives:** After completion of this activity learners should;

* Understand the importance of assessing service users’ weight, height and BMI
* Appreciate the limitations and indications of using estimated rather than accurately measured weight and height data

**Process:**

* The supervising dietitian will need to identify 6 consenting service users (e.g. a whole in-patient ward bay) for the learners to independently *estimate* the service users’ height, weight and BMI. (Learners should not confer with their peer(s) at this stage).
* Once completed, learners should then see if they can obtain the height and weight of the 6 service users by asking each of them (e.g. 3 service users for each learner).
* Once completed, wherever possible, measures each of the service users’ actual weight and height. How does this compare with documentation of the measured weight, height and BMI for each of the 6 service users?
* Complete the table below;

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Learner’s Estimate** | | | **Service User’s Estimate** | | | **Actual (Documented)** | | |
| **Pt. No.** | **Weight**  **(kg)** | **Height**  **(m)** | **BMI**  **(kg/m2)** | **Weight**  **(kg)** | **Height**  **(m)** | **BMI**  **(kg/m2)** | **Weight**  **(kg)** | **Height**  **(m)** | **BMI**  **(kg/m2)** |
| **1** |  |  |  |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |  |  |  |
| **3** |  |  |  |  |  |  |  |  |  |
| **4** |  |  |  |  |  |  |  |  |  |
| **5** |  |  |  |  |  |  |  |  |  |
| **6** |  |  |  |  |  |  |  |  |  |

* Learners will then reflect and discuss their findings with their learner peer(s) and the facilitating dietitian. Consider, for example;
* Why is it important to assess weight, height and BMI in dietetic practice?
* What are the pros and cons of the 3 methods used?
* When might it be necessary to use estimated, rather than measured, weight and height?
* Learners will reflect on their learning and formulate an action plan to develop their skills in this aspect of practice further during their placement.

**Time scale:** Half a day

**Placement capabilities demonstrated:** To be completed by supervising dietitian

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|  | K1 | C1 | CP1 | P1 | P2 |
| Insert 🗸 (yes, met this time), NI (needs improvement) or NA (not applicable) |  |  |  |  |  |
| Supervisor’s signature: Date: | | | | | |

Updated 26.11.2021