

Fluids and weights (2)

Focus

Weight watching

Weights should be recorded in kilograms (kg). You may need to work out if residents have lost or gained weight.

$$62.8 - 62.4 = 0.4 \text{ kg}$$

$$\begin{array}{r} 62.8 \\ 62.4 \\ \hline 00.4 \end{array}$$

Weight Record

Resident: **Rose Lloyd**

Date	Weight (kg)	Loss/gain
09/02/04	62.8 kg	
11/03/04	62.4 kg	-0.4 kg
10/04/04	62.7 kg	+0.3 kg

Healthy Weight Chart – Women (pounds)

Height	Small Frame	Medium Frame	Large Frame
4' 10"	102–111	109–121	118–131
4' 11"	103–113	111–123	120–134
5' 0"	104–115	113–126	122–137
5' 1"	106–118	115–129	125–140
5' 2"	108–121	118–132	128–143
5' 3"	111–124	121–135	131–147
5' 4"	114–127	124–138	134–151
5' 5"	117–130	127–141	137–155
5' 6"	120–133	130–144	140–159
5' 7"	123–136	133–147	143–163

Kilograms to pounds

You may need to check whether a resident is a healthy weight for his/her height.

Many weight charts give weights in pounds (lb) only.

Rose weighs 62.8 kg.

Convert **kilograms to pounds** by multiplying the weight in kg by 2.2, like this:

$$62.8 \times 2.2 = 138.16$$

Round this down to whole pounds.

Rose weighs 138 lbs

Rose is 5' 1" and has a medium frame.

She is a bit overweight.

$$14 \text{ lbs} = 1 \text{ stone}$$

Pounds to stones

Some residents will want to know their weight in stones and pounds. There are several ways to do this.

- You may be able to re-set the scales to give the weight in stone and pounds.
- You can use a conversion table to change weights in kilograms to stones and pounds.
- You can work out the weight yourself:

$$\begin{aligned} \text{Rose's weight} &= 138 \text{ lbs}^* \\ 138 \div 14 &= 9 \text{ remainder } 12 \\ \text{Rose's weight} &= 9 \text{ st } 12 \text{ lbs} \end{aligned}$$

*lbs = pounds

Kilogram is written as kg.

Pounds are written as lbs.

Stones are written st.

$$1 \text{ kg} = 2.2 \text{ lbs}$$

$$14 \text{ lbs} = 1 \text{ st}$$

Fluids and weights (2)

Task

Residents may be weighed as part of a regular review or because you are concerned about their weight. Make sure you read the scales accurately and keep good records.

Tip

Be careful with the decimal point when using a calculator and when writing weights.

Task 1

- 1 Work out the monthly weight loss or gain for this resident.
- 2 Compare her start weight in February with her weight in July. How much has she lost all together?

Task 2

Sally is 5' 2" and medium build. Is she a healthy weight for her size? Use the Healthy Weight Chart on the focus page.

Tip

There are 2.2 pounds in 1 kilogram.

Weight Record

Resident: **Sally Lord**

Date	Weight (kg)	Loss/gain -/+
09/02/04	44.7 kg	
11/03/04	44.1 kg	
10/04/04	44.5 kg	
11/03/04	44 kg	
10/04/04	43.7 kg	
11/03/04	43.8 kg	

Tip

Step 1: Change kilograms to pounds ($\times 2.2$)

Step 2: Change the pounds into stones and pounds ($\div 14$)

Task 3

These residents have been weighed but they want to know their weight in stones and pounds. Use the methods shown on the focus page to do this.



70.5 kg



63.6 kg



45.1 kg

Pounds	Stones
56 lbs	4
70 lbs	5
84 lbs	6
98 lbs	7
112 lbs	8
126 lbs	9
140 lbs	10
154 lbs	
168 lbs	
182 lbs	

A conversion table like this will help you to work out the stones from the pounds. Finish it off yourself.