



Queensland Government

Royal Brisbane & Women's Hospital

QUEENSLAND EATING DISORDER SERVICE (QuEDS) WEIGHT CHART

(Affix patient identification label here)

URN:

Family Name:

Given Names:

Address:

Date of Birth:

Sex: M F I

Admission Date: ____ / ____ / ____ Height: _____ m
 Admission Weight: _____ kg Height² _____ m
 Admission BMI: _____
 Goal Weight Range: _____ kg Goal BMI: _____

Instructions for weight recording

- Consumer dressed in gown and underwear
- Weigh first thing in the morning after voiding
- Specific Gravity required each weigh, <1.010 indicates dilute urine
- Please see over the page for further notes

To complete plot BMI on dotted line.

Note BMI = weight (kg) ÷ height² (m)

Date	Wt	BMI																	
24																			
23																			
22																			
21																			
20																			
19																			
18																			
17																			
16																			
15																			
14																			
13																			
12																			
11																			
SG	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0

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All clinical form creation and amendments must be conducted through Health Information Services

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Notes

Admission Weight: admission weight and height is to be recorded in the space located on the top left hand side of the weight chart document.

The **BMI** (body mass index) is then calculated and **disclosed to the consumer, along with weight and height.**

$$\text{BMI} = \text{weight (kg)} / \text{height squared (m}^2\text{)}$$

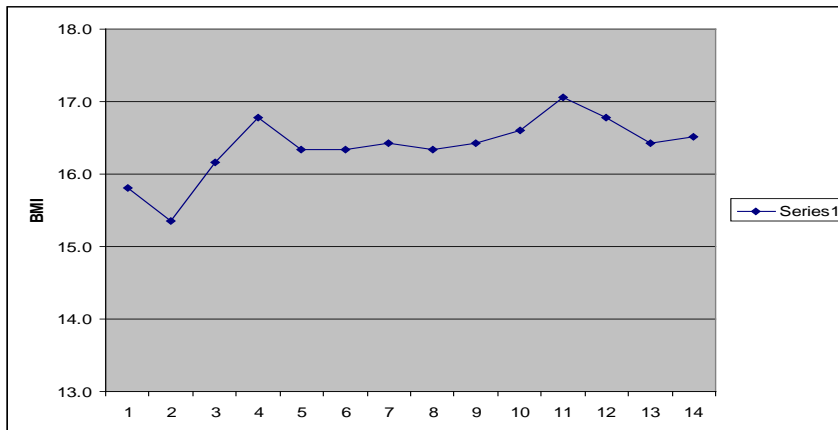
e.g. Weight 42.0kg and height 1.72m
 $42.0/1.72/1.72 = \text{BMI } 14.2$

Subsequent Weights: subsequent weights are to be recorded by plotting the consumer's weight on the weight chart document.

Feedback regarding the consumer's weight **must not include actual numbers**, but rather include information regarding the clients '**BMI range**'. This essentially includes three options:

1. Steady/stable
 - the consumer's weight has remained in the current BMI range
 - the consumer's weight has gone above/below the current range but is a **one off**
2. Moved up
 - the consumer's weight has been above the current BMI range for **two consecutive weights**
3. Moved Down
 - the consumer's weight has been below the current BMI range for **two consecutive weights**

Example:



- BMI on admission 15.8
- Subsequent feedback for each weight as follows

Admit	2	3	4	5	6	7	8	9	10	11	
15.8	Stable	Stable	Up	Stable	Stable	Stable	Stable	Stable	Stable	Stable	etc

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