



FAX MESSAGE

ELECTRONIC AGED CARE CONSULT

267 Melbourne Street
North Adelaide
South Australia 5006

Phone: (08) 8227 1000
Fax: (08) 8227 1200

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(Local call cost)

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Nutrition Professionals
Australia

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ADDITIONAL INFORMATION REQUIRED:

Some of this information may be provided on separate documents directly from the resident's charts or clinical notes or care plan.

Resident Name:	DOB:
Weight: Height:	(Or Ulna length - see below)
Weight chart: (please attach weight chart for the past 12 months or longer if available)	
Diet Order Form: (Please attach the dietary requirements form that is provided to the kitchen)	
Speech Pathology report (if applicable): (Please attach the most recent report)	
3 Day Food Chart: (Please attach)	
Medical history (summary): (Please attach if insufficient room provided)	
Medications: (Please attach if insufficient room provided)	
Relevant blood tests eg BGLs (Please attach)	
Bowel habit: <input type="checkbox"/> Diarrhoea <input type="checkbox"/> Normal <input type="checkbox"/> Constipation	
Mobility: <input type="checkbox"/> Fully mobile <input type="checkbox"/> Uses frame <input type="checkbox"/> Wheelchair <input type="checkbox"/> Chair or bed bound	
Summary of current issues affecting resident intake/ appetite/ nutrition status:	
Usual oral supplements available in the facility: (may be provided as a separate document if more than one resident is referred).	





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Estimating Height from Ulna Length

Estimating height from ulna length



Measure between the point of the elbow and the midpoint of the prominent bone of the wrist (left side if possible). Height in meters is determined from the following chart, based on the ulna length as measured in cm.

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

Ft, in	Metres
5, 0	1.52
1	1.55
2	1.57
3	1.60
4	1.63
5	1.65
6	1.68
7	1.70
8	1.73
9	1.75
10	1.78
11	1.80
6, 0	1.83
1	1.85
2	1.88
3	1.90
4	1.93
5	1.96
6	1.98

