



*every day makes a difference*

Registered charity number 258085

# Weighing Patients In Palliative Care

# Aims of the study

- To measure if patients on weight dependent medications are weighed
- To assess the underlying opinions of staff and patients towards routine weighing.

# Methodology

## Survey

1. Staff questionnaire surveying their views on weighing patients routinely
2. Patient interview identifying the views of patients of being weighed

## Audit

1. Retrospective audit of prescribed medications and weighing practices for 40 patients admitted in September 2015

# Key Findings

## Survey

- 97% patients did not find being weighed distressing
- 51% staff opposed to routine weighing
- 13% patients had a weight recorded

## Audit

- 13% were prescribed LMWH – of these:
  - 80% were weighed
  - 60 % were on the correct dose

# Action Plan

- All patients to be weighed on admission.

Assessment-Nursing IPU

Generic details  
Previous key contacts  
Family and key contacts  
Social information  
Understanding of admission  
Communication  
Personal hygiene  
Mobility  
Breathing  
**Eating and drinking**  
Skin integrity  
Environment  
Elimination  
Sleeping  
Physical contact

**Eating**

Baseline weight

Patient wears Dentures:

Patient doesn't wears Dentures

Eating

Cultural requirements: *Text*

Follows alternative diet: *Text*

Eating & Drinking Preferences: *Text*

Equipment required:

Food allergies/Intolerances:

- Suitable equipment provided for weighing.



St Ann's Hospice

## Medicine Chart

All medicines must be written clearly (in black ink).

Supporting documentation	DATE COMMENCED	DATE DISCONTINUED
Analgesic Patch Monitoring		
Parenteral Fluids Chart	27/11/16	
Glycaemia Management Chart		
Anticoagulant Chart		
Pain Assessment Tool		
Neutropenia Care Plan		
Care of the Dying ICP		

MEDICINE CHART NUMBER (chronological order) ①

ADMISSION DATE 2/11/16

DATE COMMENCED/REWRITTEN

Allergies/intolerances  If no allergies/intolerances source of info.

TRIGGER	REACTION	SOURCE OF INFORMATION
WATERMELON		
Penicillin	Hypersensitivity	Adverse effects
Atenolol		
Erythromycin		

Relevant medical information

HTN, DM, C/A  
Liver + kidney probs, unknown primary

Weight (kg) & date  
32 - 28/10/16  
66.1 kg

Emergency medication

DATE & TIME PRESCRIBED	INDICATION	MEDICATION	DOSE	ROUTE	PRESCRIBER SIGNATURE	GIVEN BY INITIALS	DATE/TIME GIVEN

Once only medication

DATE/TIME TO BE GIVEN	INDICATION	MEDICATION	DOSE	ROUTE	PRESCRIBER SIGNATURE	GIVEN BY INITIALS	DATE/TIME GIVEN
3/11/16 1700	High albumin	Oxycodone Paracetamol	30mg	IV	DMW	fluid chart	

Discharge Information

DISCHARGE PRESCRIPTION/TTO WRITTEN	DATE	OTHER INFORMATION

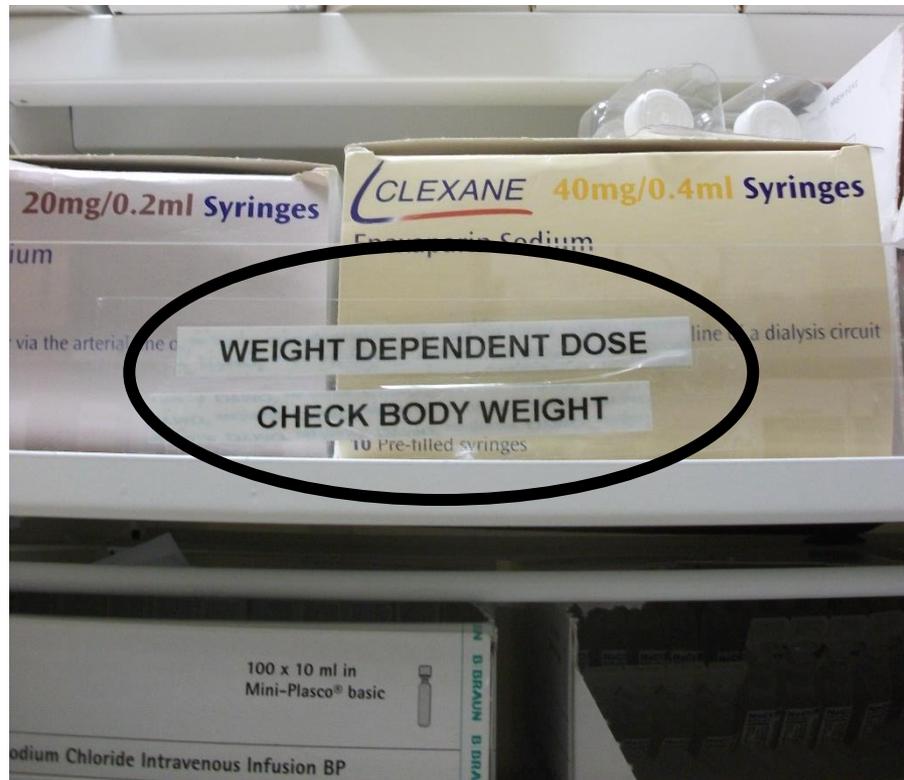
Weight dependant drugs  
Enter date dose checked in box

Clexane  
Creatinine Clearance

March 2013

- Alert sticker for the prescription chart for patients on weight dependant medicines

- Reminder prompt on shelf where medication stored





- Result of the patient survey
- Estimating weight is inaccurate
- Go to Kahoot.it
- Enter the game pin number



In case Kahoots doesn't work!



# Guess the weight

Height 160cm (5ft 2in)



• **45kg**  
(7 stone 1)

# Guess the weight

Height 193cm (6ft 3in)



- 141kg  
(22 stone 2)

# Guess the weight

Height 170cm (5ft 6in)



- 91kg  
(14 stone 4)

# Guess the weight

Height 157cm (5ft 1in)



- 48kg  
(7 stone 8)

# Are You Happy to Prescribe on Your Estimates?

