Leicestershire Partnership

Medical Devices Competency Statement

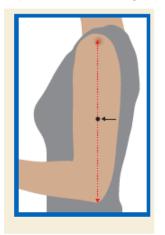
Mid-Upper Arm Circumference

SELF-ASSESSMENT

Surname:	Forename(s):	
Job title/Designation:	Line Manager:	
Department / Base:	Extension number:	

Self- Verification of competence is undertaken by assessment against the following statements:

- Responsibility for competency remains with the individual, so if you are in any doubt regarding your competence to perform this measurement, you should seek further training.
- To perform the measurement you must follow instructions below before considering yourself to be competent.
- If you are not competent, inform your Line Manager for further training and repeat self-verification by completing a new form.
 - 1. Ensure Subjects non dominant arm is bent at the elbow to an angle of 90 degrees (see diagram 1)
 - 2. Ensure upper arm is parallel to side of the body
 - **3.** Find bony protrusion on the shoulder (Acromion) and point of the elbow (olecranon process) and measure the distance between these two points.
 - 4. Mark the mid-point of these distances on the subjects posterior part of the arm
 - **5.** Ask the subject to let arm hang loose and measure around the mid-point mark on the subjects are, ensuring tape is snug, but not tight (see diagram 2)



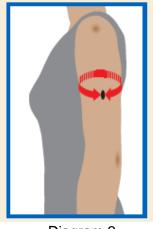


Diagram 1

Diagram 2

If MUAC is <23.5cm, BMI is likely to be <20kg/m² If MUAC is >32cm, BMI is likely to be >30kg/m²

Statement

I am able to perform the measurement & have taken into account my personal assessment of my competence with the measurement, I declare that:

I am competent to perform the measurement without further training.

Signature:

Date:

I require further training before I can perform this measurement in a competent manner.

Signature:

Date:

Pass this form to your manager to add to your personal records

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