

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)

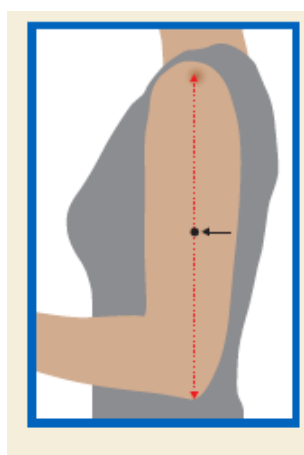


Diagram 1

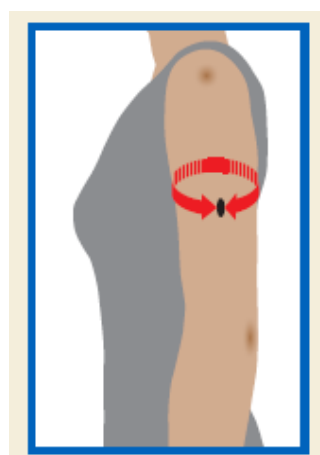


Diagram 2

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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