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BMI calculation

Core Nursing Essentials Nursing Calculations

BMI equals kilograms divided by metres squared. Adult screening categories do not apply directly to children, pregnancy or every body composition.

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Introduction & key concepts

BMI equals kilograms divided by metres squared. Adult screening categories do not apply directly to children, pregnancy or every body composition.

Nursing responsibilities

- Check identity, consent, the relevant observations and the purpose of the assessment.
- Record the finding, context and response using the approved clinical record.
- Escalate uncertainty or deterioration to the responsible professional; do not use a study note as a standing treatment order.

Clinical example & examination focus

In a viva, explain bmi calculation in your own words, identify the observations needed and state a limitation. Compare the finding with the patient's baseline rather than assuming one number or label gives a diagnosis.

Quick Revision

BMI equals kilograms divided by metres squared. Adult screening categories do not apply directly to children, pregnancy or every body composition.

Frequently asked question

Can this summary replace practical training?

No. Use your prescribed learning material and the institution's current protocol with qualified supervision.

References & review status

- WHO - Obesity and overweight (https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight) - Online fact sheet accessed 26 November 2026. BMI formula and global adult cut-offs; not India-specific treatment targets.

Sources checked for the stated scope on 26 November 2026. Original study synthesis; independent clinical review is not claimed. Source attribution is not a copyright-clearance certificate.

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