

The Roberts' Method of Modified BMI Weight for Protein Intake for Wound Healing

This formula was designed to assist with determining adequate protein intake for wound healing, as well as for normal body requirements, for the geriatric population. The information comes from over 20 years of academic and clinical research, from all around the world. The information presented in this guide has been translated from the research, by the author; and used in clinical practice since 2012, to heal wounds faster. More information and research articles may be found on the publisher's website, healthtoheal.org.

The Roberts' Method of Modified BMI Weight for Protein Intake for Wound Healing [©]					
Modified Weight Table	Under-Weight	Normal-Weight	Over- Weight	Obese	Extremely Obese
BMI Category	18 or Less	19 - 24	25 - 29	30 - 39	40 or Greater
Your BMI					
Your Current Weight					
Multiplication Factor	X 1.2	X 1.0	X 0.8	X 0.7	X 0.6
Modified BMI Weight					
Age-Related Intake Factor (Pounds)					
Age Group	Regular Diet	Preparation Diet	Healing Diet		
18 - 49	Weight x 0.5	Weight x 0.6	Weight x 0.9		
50 - 64	Weight x 0.6	Weight x 0.8	Weight x 1.0		
65 - UP	Weight x 0.8	Weight x 1.0	Weight x 1.1		
Chronic Kidney Disease (CKD) Modification					
Stage of CKD	Stage I or II Kidney Disease	Stage III Kidney Disease	Stage IV Kidney Disease	Dialysis	
Multiplication Factor	X 0.8	X 0.7	X 0.6	X 1.0	

Instructions on the reverse side

This formula is for informational purposes only. The information is presented, by the author, from the interpretation of research data on protein intake recommendations for wound healing, and the geriatric population. Each user is responsible for their own actions and risks. The Roberts' Method is not meant as a substitution for medical advice or direction. The author, publisher, or seller of this information shall not be held responsible for your actions. Seek medical guidance from a medical doctor or Registered Dietitian.

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Instructions:

You will need to calculate your body mass index (BMI) to use this formula

$$\text{BMI} = (\text{Weight (pounds)} \times 703) / \text{Height (inches)} \times \text{Height (inches)}$$

$$\left(\frac{\text{Weight} \times 703}{\text{Height} \times \text{Height}} \right) = \frac{\text{Wt. Answer}}{\text{Ht. Answer}} = \text{Ht. Answer}$$
$$\left(\frac{\text{Wt. Answer}}{\text{Ht. Answer}} \right) = \text{BMI}$$

Using the Roberts' Method chart, find your BMI category

1. Fill in your BMI, and your current weight, in the corresponding column according to your BMI Category.
2. Multiply Your Current Weight by the Multiplication Factor, in the same column, and record the answer for your Modified BMI Weight.
3. Now you have your Modified BMI Weight in lbs. This is the weight you will use to figure your protein intake recommendations.

Continue to the 2nd part of The Roberts' Method, Age-Related Intake Factor

4. In the first column, find your Age Group row.
5. Scan to the right, choose from Regular Diet, Preparation Diet, or Healing Diet. Select the Diet Type that fits your needs.
6. Multiply your Modified BMI Weight by the value in the corresponding column and row. This is your protein intake requirements, in grams per day.

Kidney Disease, continue to the 3rd part of The Roberts' Method, Chronic Kidney Disease (CKD) Modification.

7. Find the Stage of CKD row, scan to the right, choose the column that matches the diagnosis. Multiply your Age-Related Intake Factor total by this value.
8. This is final protein intake requirements, in grams per day, for patients in kidney failure.

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