DIRECTIONS

With the computation tables on this sheet it is possible to compute the Basal Metabolic Rate of any patient from 6 to 70 years of age according to the DuBois method, as modified by Boothby and Berkson of the Mayo Foundation.

To determine the NORMAL use Table A and draw a line through the patient's height found in column I and through the weight in column II. Using a straight edge (ruler) draw a line between these two points and read the BODY SURFACE AREA where this line intersects column III. Transfer this body surface figure opposite "Column III" in the space for computations. Then refer to table B and using the patient's age (nearest birthday) and sex read the calories per square meter per hour. Transfer this figure beside "Table B" in space for computations. Multiply III x B which will give the total NORMAL CALORIES PER HOUR—the exact normal for a person of this height, weight, age and sex.

To determine the ACTUAL TEST, transfer the difference in height of the 6 minute test period (from kymograph tracing on the reverse side) to the space provided for it opposite O2 line. Next record the temperature of the oxygen bell (from the thermometer) and the prevailing barometric pressure in millimeters. Using table C draw a circle around both the temperature and the barometer readings and at the intersection of these two columns you will find the correction factor. Transfer this figure opposite "Table C" in space for computations. Multiply O2 line by table C which will give the total ACTUAL TEST CALORIES PER HOUR.

Now you have the NORMAL oxygen consumption determined from the tables and the ACTUAL oxygen consumption as found by the TEST both in terms of calories per hour.