

Self-Weighing

Name

Institutional Affiliation

### Self-weighing

Early scholars did not recognize the significance of adding daily self-weighing to the traditional formula designed for weight loss. Researchers have concluded that the combination of regular self-weighing and personalized electronic feedback can improve and sustain weight loss without the incorporation of a traditional weight losing program (Klos, 2013). Self-weighing has proved to be more advantageous and efficient in the prevention of age-related weight gain and loss. The weight of women depends on their height and frame size and not necessarily their age. Sally, for example, has been gradually losing weight because as stated when she was first admitted she weighed 136 pounds and on the present day, she weighs 122 which is a drop from when she was previously weighed which is the previous Sunday when she weighed 128. She also suffers from a chronic illness (congestive heart failure), hypertension and atrial fibrillation. Additionally, she has also been hospitalized four times because of her heart condition.

As people age the metabolism rate also goes down, and the body is unable to produce energy like it did before. It is crucial to ensure the prevention of weight loss at old age and what better way to do so than incorporate daily self-weighing. Self-weighing has been associated with reducing the risks of chronic illnesses among older women while at the same time maintaining their looks and preventing weight loss (Zheng et al., 2014). Early literature argued that self-weighing could be associated with adverse psychological effects but recently concluded research demonstrates that it is, in fact, effective in maintaining weight and reducing chances of contracting chronic diseases among the elderly especially women like Sally. Educating Sally on

the importance of self-weighing and the advantages that are associated with it can be beneficial towards improving her health.

When nurses are looking after patients they follow the nursing process which involves setting goals for the patient. Nursing interventions are the actions and treatment that the nurse offers to the patient for them to achieve the set of goals. In Sally's case she should be subjected to daily routine physical exercises. She should also be subjected on a healthy diet and educated on the importance of self-weighing. But before all this is done, there should be goals set for instance, to maintain her body weight, to reduce her visits to the hospital and to improve her overall health.

## References

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