

Female - Ideal Body Weight Table

$$\text{IBW (kg)} = 45.5 + (0.91 \times (\text{height in cm} - 152.4))^1$$

Height		IBW (kg)	4-6 mL/kg	6-8 mL/kg	8-10 mL/kg
Inches	cm		Tidal Volume Range	Tidal Volume Range	Tidal Volume Range
54	137.2	31.6	127 - 190	190 - 253	253 - 316
55	139.7	33.9	136 - 204	204 - 272	272 - 339
56	142.2	36.3	145 - 218	218 - 290	290 - 363
57	144.8	38.6	154 - 231	231 - 309	309 - 386
58	147.3	40.9	164 - 245	245 - 327	327 - 409
59	149.9	43.2	173 - 259	259 - 346	346 - 432
60	152.4	45.5	182 - 273	273 - 364	364 - 455
61	154.9	47.8	191 - 287	287 - 382	382 - 478
62	157.5	50.1	200 - 301	301 - 401	401 - 501
63	160	52.4	210 - 315	315 - 419	419 - 524
64	162.6	54.7	219 - 328	328 - 438	438 - 547
65	165.1	57.1	228 - 342	342 - 456	456 - 571
66	167.6	59.4	237 - 356	356 - 475	475 - 594
67	170.2	61.7	247 - 370	370 - 493	493 - 617
68	172.7	64.0	256 - 384	384 - 512	512 - 640
69	175.3	66.3	265 - 398	398 - 530	530 - 663
70	177.8	68.6	274 - 412	412 - 549	549 - 686
71	180.3	70.9	284 - 426	426 - 567	567 - 709
72	182.9	73.2	293 - 439	439 - 586	586 - 732

¹ IBW Formula From: ARDS Network. NEJM. May 2000, 342 (18) :1301-08

Male - Ideal Body Weight Table					
IBW (kg) = 50 + (0.91 x (height in cm - 152.4)) ¹					
Height		IBW (kg)	4-6 mL/kg Tidal Volume Range	6-8 mL/kg Tidal Volume Range	8-10 mL/kg Tidal Volume Range
Inches	cm				
60	152.4	50.0	200 - 300	300 - 400	400 - 500
61	154.9	52.3	209 - 314	314 - 418	418 - 523
62	157.5	54.6	218 - 328	328 - 437	437 - 546
63	160	56.9	228 - 342	342 - 455	455 - 569
64	162.6	59.2	237 - 355	355 - 474	474 - 592
65	165.1	61.6	246 - 369	369 - 492	492 - 616
66	167.6	63.9	255 - 383	383 - 511	511 - 639
67	170.2	66.2	265 - 397	397 - 529	529 - 662
68	172.7	68.5	274 - 411	411 - 548	548 - 685
69	175.3	70.8	283 - 425	425 - 566	566 - 708
70	177.8	73.1	292 - 439	439 - 585	585 - 731
71	180.3	75.4	302 - 453	453 - 603	603 - 754
72	182.9	77.7	311 - 466	466 - 622	622 - 777
73	185.4	80.0	320 - 480	480 - 640	640 - 800
74	188	82.4	329 - 494	494 - 659	659 - 824
75	190.5	84.7	339 - 508	508 - 677	677 - 847
76	193	87.0	348 - 522	522 - 696	696 - 870
77	195.6	89.3	357 - 536	536 - 714	714 - 893
78	198.1	91.6	366 - 550	550 - 733	733 - 916

¹ IBW Formula From: ARDS Network. NEJM. May 2000, 342 (18):1301-08

- 400-500cc tidal volume
- Rate: 10-12
- PEEP ~ 5 cm H2O

IDEAL BODY WEIGHT (IBW) / TIDAL VOLUME CHART

MALES													FEMALES				
HEIGHT			IBW Male	6 ml/kg	7 ml/kg	8 ml/kg	HEIGHT			IBW Female	6 ml/kg	7 ml/kg	8 ml/kg				
Feet	Inches	cm					Feet	Inches	cm								
4' 0"	48	121.92	22.4	300	350	400	4' 0"	48	121.92	17.9	270	320	360				
4' 1"	49	124.46	24.7	300	350	400	4' 1"	49	124.46	20.2	270	320	360				
4' 2"	50	127	27	300	350	400	4' 2"	50	127	22.5	270	320	360				
4' 3"	51	129.54	29.3	300	350	400	4' 3"	51	129.54	24.8	270	320	360				
4' 4"	52	132.08	31.6	300	350	400	4' 4"	52	132.08	27.1	270	320	360				
4' 5"	53	134.62	33.9	300	350	400	4' 5"	53	134.62	29.4	270	320	360				
4' 6"	54	137.16	36.2	300	350	400	4' 6"	54	137.16	31.7	270	320	360				
4' 7"	55	139.7	38.5	300	350	400	4' 7"	55	139.7	34	270	320	360				
4' 8"	56	142.24	40.8	300	350	400	4' 8"	56	142.24	36.3	270	320	360				
4' 9"	57	144.78	43.1	300	350	400	4' 9"	57	144.78	38.6	270	320	360				
4' 10"	58	147.32	45.4	300	350	400	4' 10"	58	147.32	40.9	270	320	360				
4' 11"	59	149.86	47.7	300	350	400	4' 11"	59	149.86	43.2	270	320	360				
5' 0"	60	152.4	50	300	350	400	5' 0"	60	152.4	45.5	270	320	360				
5' 1"	61	154.94	52.3	310	370	420	5' 1"	61	154.94	47.8	290	330	380				
5' 2"	62	157.48	54.6	330	380	440	5' 2"	62	157.48	50.1	300	350	400				
5' 3"	63	160.02	56.9	340	400	450	5' 3"	63	160.02	52.4	310	370	420				
5' 4"	64	162.56	59.2	350	410	470	5' 4"	64	162.56	54.7	330	380	440				