

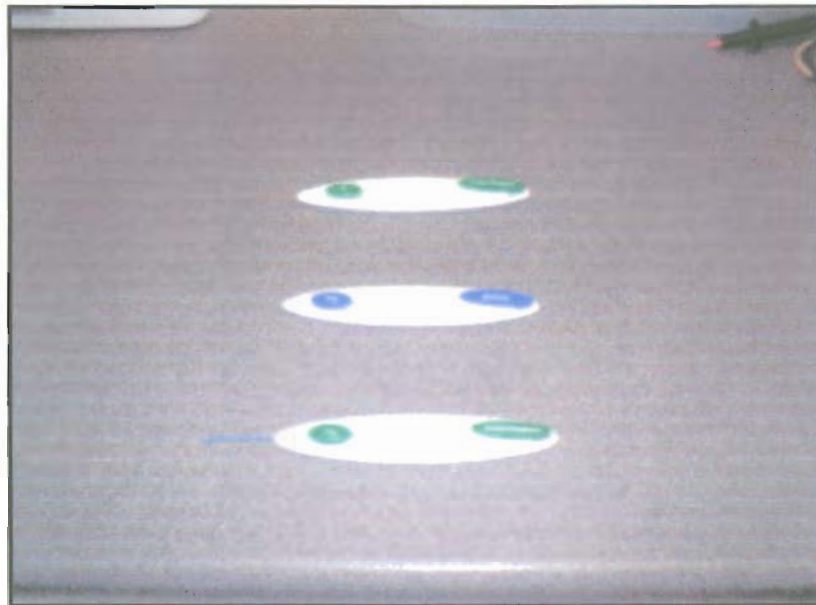
CPD WEB PAGES

The following pages are designed to provoke thought and stimulate your mind. We make no apologies for teaching you to "suck eggs". If you have a particular item or subject matter you would like to see in this area, please leave a message on the message board.

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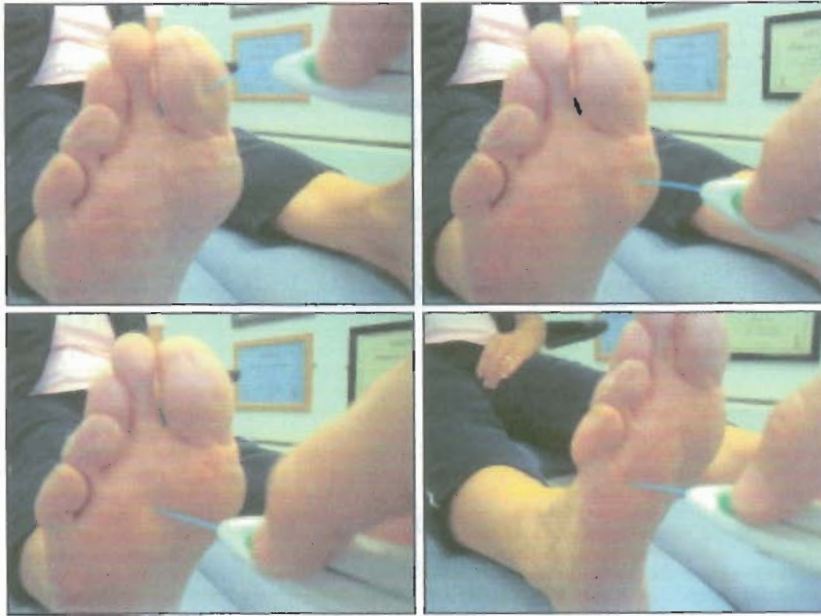
SCREENING FOR THE AT RISK DIABETIC FOOT

Guide to the use of Monofilaments for Sensory Testing on the Foot



(Selection of monofilaments 1g, 10g & 75g sizes)

1. Use the 10g monofilament to test sensation.



(figures 1 to 4)

3. Apply the monofilament perpendicular to the skin's surface (see figure 5).



(figure 5)

4. The approach, skin contact and departure of the monofilament should be approximately 1.5 seconds duration.

5. Apply sufficient force to allow the monofilament to bend (see *fig 6*)



(figure 6)

6. Do not allow the monofilament to slide across the skin or to make repetitive contact at the test site.
7. Randomise the order and timing of successive tests, to reduce potential for patient guessing.
8. Ask the patient to respond "yes" when the monofilament is felt.
9. Do not apply to an ulcer site, callous, scar or necrotic tissue.

Consider the patient's feet "at risk" if the patient cannot feel the 10g monofilament at any of the sites at figures 1 to 4.

Additional Risk Factors:

- Absent foot pulses or cold/poorly perfused feet
- Previous history of foot problems
- Foot deformities or callous formation
- Other medical problems which limit mobility

Action, refer to appropriate specialists if:

- There is an ulcer with infection/cellulitis
- There is known neuropathy