

4. How to Do a Simple Sensory Exam

Every person with diabetes should have their feet checked for loss of feeling at least once a year. This is the simplest foot exam and requires no expertise. Just follow the steps below.

If you find a spot where the resident cannot feel the monofilament, then he/she should be seen by their clinician as soon as possible.

The first two steps of the foot screen process



1. Hold the monofilament by one end, as shown in Step 1.
2. Use a smooth motion to touch the filament to the skin on the foot. Touch the filament along the side of and NOT directly on an ulcer, callous or scar. Touch the filament to your skin for 1-2 seconds. Push hard enough to make the filament bend as shown in Step 2
3. Touch the filament to both of the feet in the sites circled on the drawing below.
4. Place a (+) in the circle if the resident can feel the filament at that site and a (-)* if he or she cannot feel the filament at that site.

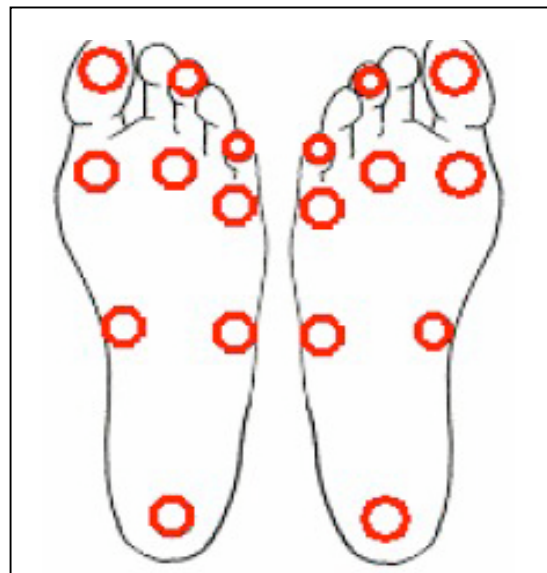
Diabetic Foot Screen Test Sites

Check all nine sites on the bottom of each foot

Date of Exam _____

Exam performed by (initials) _____

* If the resident has a (-) in any circle, please send this form to their clinician as soon as possible. A loss of feeling indicates a need for further evaluation by their clinician, and for nursing staff to pay closer attention to skin inspection, skin care and the resident's footwear in order to prevent ulceration, deformity and ultimately amputation.



Adapted from Lower Extremity Amputation Prevention (LEAP) Program <http://www.hrsa.gov/leap/>