

APPENDIX F

USE OF A 10 GRAM MONOFILAMENT

1. Show the monofilament to the patient. Place the end of the monofilament on his/her hand or arm to show that the testing procedure will not hurt.
2. Ask the patient to turn his/her head and close his/her eyes or look at the ceiling.
3. Ask the patient to say 'yes' when he/she feels you touching his/her foot with the monofilament. **DO NOT ASK THE PATIENT 'did you feel that?'**
4. Hold the monofilament perpendicular to the skin and use a smooth motion when testing. Try a 3 second sequence that includes:
 - placing the end of the monofilament on the sole of the foot
 - pushing the monofilament until it bends, then
 - lifting the monofilament from the skin.

Repeat the sequence at another testing site on the foot (see below). **DO NOT** use a rapid or tapping movement.

If the monofilament accidentally slides along the skin, retest that area later in the testing sequence.

5. Use the monofilament in a random sequence, **NOT** moving from right to left.
6. If the patient does not say 'yes' when you touch a given testing site, continue on to another site. When you have completed the sequence **RETEST** the area(s) where the patient did not feel the monofilament.
7. Apply the filament along the perimeter of, and not on, an ulcer site, necrotic tissue, callus or scar.

Loss of protective sensation = absent sensation at one or more sites

The 5.07 monofilament will last indefinitely if you **ALWAYS** place it back in the case after use. This will keep you from accidentally bending or breaking the monofilament. To clean the monofilament, sodium hypochlorite (household bleach) 1:10 solution is recommended.

Sites on the sole of the foot for monofilament testing

(from the Group Health Cooperative Seattle Diabetes Foot Screening Guideline)

