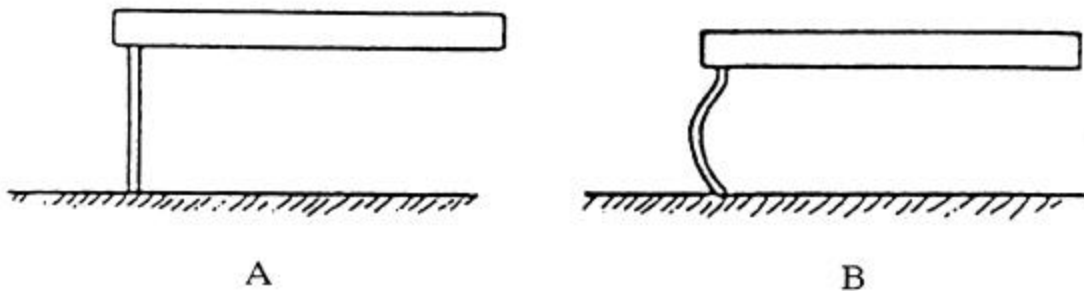


LSU Health Sciences Center Diabetes Foot Program

Filament Application Instructions

Note: The sensory testing device used with the LSU Medical Center Diabetic Foot Screen is a nylon filament mounted on a holder that has been standardized to deliver a 10 gram force when properly applied. Research has shown that a patient who can feel the 10 gram filament in the selected sites has "protective sensation" and has a reduced risk of developing plantar ulcers.

1. Use the 10 gram filament to test for "protective sensation".
2. Test the sites indicated on the Diabetic Foot Screen.
3. Apply the filament perpendicular to the skin's surface (see diagram A).
4. The approach, skin contact and departure of the filament should be 1 1/2 seconds.
5. Apply sufficient force to cause the filament to bend (see diagram B).



6. Do not allow the filament to slide across the skin or make repetitive contact at the test site.
7. Randomize the selection of test sites and time between successive tests to reduce patient guessing.
8. Ask the patient to respond "Yes" when the filament is felt and record the response on the Diabetic Foot Screen Form.
9. Apply the filament along the margin of and NOT on an ulcer, callous, scar or necrotic tissue.
10. Have the patient close their eyes while the filament test is being performed.