



# Monofilament Instructions

During the yearly foot exam, use the 10 gram nylon monofilament to assess for loss of protective sensation.

1. Show the filament to the patient and touch it to his/her hand to show that it does not hurt.
2. At each test site (see diagram below), apply the filament perpendicular to the skin surface. (Fig. A)
3. Apply sufficient force to bend the filament. (Fig. B)
4. The approach, skin contact, and departure of the filament should last about 1½ seconds.
5. Do not slide the filament or make repetitive contact.
6. Use the filament in a random fashion to reduce the potential for patient guessing.
7. Ask the patient to respond “yes” when the filament is felt. Re-test areas where patient did not feel the filament.
8. Apply the filament along the perimeter of, *not on*, an ulcer, callus, scar, or necrotic tissue.
9. Clean the filament according to infection control guidelines in your facility, or wipe with a 1:10 solution of household bleach.

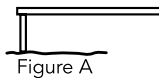


Figure A

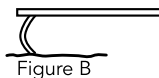


Figure B

## Risk categorization

### Low risk

All of the following:

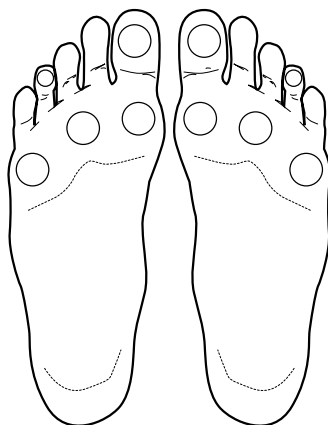
- Intact protective sensation
- Pedal pulses present
- No severe deformity
- No prior foot ulcer
- No amputation

### High risk

One or more of the following:

- Loss of protective sensation (cannot feel the filament in one or more areas)
- Absent pedal pulses
- Severe foot deformity
- History of foot ulcer
- Prior amputation

Test the level of sensation in the 10 circles and record on patient chart.



Right Foot

Left Foot

⊕ Can feel filament

⊖ Cannot feel filament