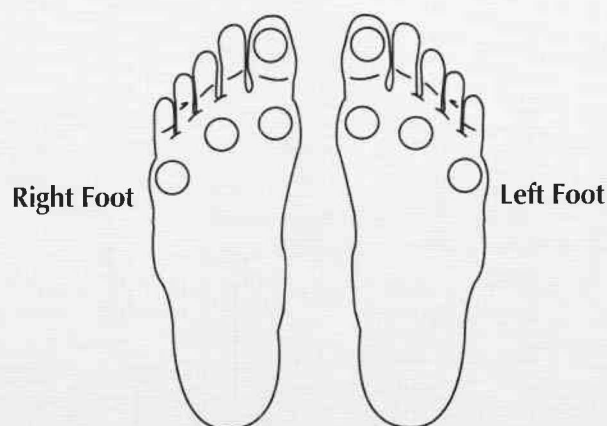




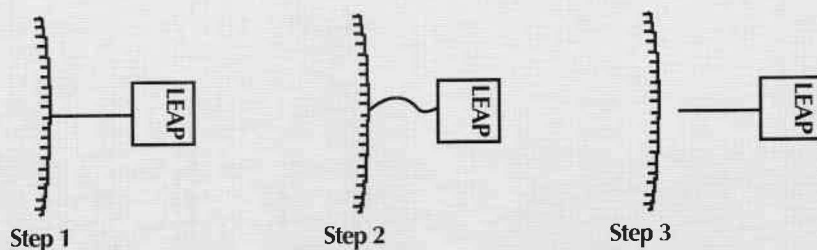
FIGURE 6

## LEAP Filament Instructions

- A. Show the filament to the patient and touch it to his/her hand or arm so that he/she knows it does not hurt.
- B. Use the 10-g filament to test sensation at the indicated sites on each foot as shown. Apply the filament along the perimeter of and NOT on an ulcer, callous, scar, or necrotic tissue.



- C. Hold the filament perpendicular to the skin and use a smooth motion when testing. Use a 3-step sequence that includes (1) touching the skin, (2) bending the filament, and (3) lifting from the skin. Do not use rapid movement. The approach, skin contact, and departure of the filament should be approximately 1½ seconds in duration.



- D. Ask the patient to respond "yes" when the filament is felt. If the patient does not respond when you touch a given point on the foot, continue on to another site. When you have completed the sequence, REPEAT the area(s) where the patient did not indicate feeling the filament.
- E. Use the filament in a random sequence.
- F. On the patient chart, indicate with a minus sign, "-", the areas where the patient did not respond to the filament. LOSS OF PROTECTIVE SENSATION AT ANY ONE OF THE EIGHT SITES INDICATES A FOOT AT HIGH RISK.
- G. If you wish to clean the filament, use sodium hypochlorite (household bleach) 1:10 solution or follow the infection control disinfecting guidelines in your facility.

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[www.bphc.hrsa.dhhs.gov/leap/LEAP%20Filament%20Instructions.htm](http://www.bphc.hrsa.dhhs.gov/leap/LEAP%20Filament%20Instructions.htm)