

NOTTINGHAM SENSORY ASSESSMENT

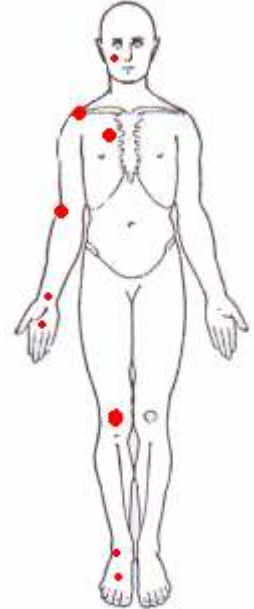
Instructions

The patient should be assessed in sitting and in a suitable state of undress (ideally in shorts & underwear, without TED stockings). It should be ensured the patient is comfortable and in a quiet area with no distractions. Each test is described and demonstrated to the patient before he or she is blindfolded. The blindfold is removed regularly throughout the test to avoid the patient becoming disorientated.

The body area to be tested is as marked on the body chart. Apply the test sensation to the test area, to the left and right side in a random order. The patient is asked to indicate, either verbally or by a body movement, whenever he or she feels the test sensation.

Each part of the body is assessed three times for each of the tests.

Presence of a reflex does not count as awareness of sensation, though this should be commented on in the comment box.



Tactile Sensation

If the patient has problems communicating begin testing light touch, pressure and pinprick sections.

Scoring criteria

0	<i>Absent</i>	Fails to identify the test sensation on three occasions
1	<i>Impaired</i>	Identifies the test sensation, but not on all three occasions in each region of the body or feels duller
2	<i>Normal</i>	Correctly identifies the test sensation on all three occasions
9	<i>Unable to test</i>	

Light Touch Touch, not brush, the skin lightly with a cotton wool ball.

Pressure Press the skin just enough to deform the skin contour using the index finger.

Pinprick Prick the skin with a neurotip, maintaining even pressure.

Temperature Touch the skin with the side of one of two test tubes, one filled with hot water, one filled with cold water (use the sides, not the bases of the test tubes). Apply hot and cold tubes in random order.

Tactile localisation Only test those areas on which the patient has scored 2 on the pressure section. Record all others as 9.
Repeat the pressure test with the index fingertip coated with talcum powder to mark the spot touched and ask the patient to point to the exact spot that has been touched. If communication permits, the test may be combined with the pressure test. 2cm of error are allowed.

Bilateral Simultaneous Touch Touch corresponding sites on one or both sides of the body using the fingertips and ask the patient to indicate if both or one (and which) have been touched. Only test those items on which patient has scored 2 on pressure section. Record all others as 9.

Equipment required: Blindfold, cotton wool ball, Neurotip, two test tubes, hot and cold water, talcum powder.

Kinaesthetic Sensations

All three aspects of movement are tested: appreciation of movement, its direction and accurate joint position sense are assessed simultaneously. The limb on the affected side of the body is supported and moved by the examiner in various directions but movement is only at one joint at a time. The patient is asked to mirror the change of movement with the other limb. Three practice movements are allowed before blindfolding.

The upper limb is tested in sitting, and the lower lying supine.

Scoring

0	<i>Absent</i>	No appreciation of movement taking place.
1	<i>Appreciation of movement taking place</i>	Patient indicates on each movement that a movement takes place but the direction is incorrect.
2	<i>Direction of movement sense</i>	Patient is able to appreciate and mirror the direction of the test movement taking place each time, but is inaccurate in its new position.
3	<i>Joint Position sense</i>	Accurately mirrors the test movement to within 10° of the new test position
9	<i>Unable to test</i>	

Equipment required: Blindfold.

Stereognosis

The object is placed in the patient's hand for a maximum of 30 seconds. Identification is by naming, description or by pair-matching with an identical set. Affected side of the body is tested first. The object may be moved around the affected hand by the examiner.

Scoring for each object

2	<i>Normal</i>	Item is correctly named or matched.
1	<i>Impaired</i>	Some features of object identified or attempts at descriptions of objects.
0	<i>Absent</i>	Unable to identify the object in any manner.
9	<i>Unable to test</i>	

Equipment required: Blindfold, 2p coin, 10p coin, 50p coin, biro (score 2 if labelled "pen"), pencil, comb, scissors, sponge, flannel (score 2 if labelled "cloth" or "face cloth"), cup, glass (score 2 if labelled "beaker").