

# Capillary Refill Test

## Patient information

Name:

ID number:

Date of birth:

Date:

Time:

## Medical history

Relevant conditions:

Medications:

## Test procedure

- **Step 1:** Remove finger rings and nail polish.
- **Step 2:** The therapist compresses the nail bed until it turns white and records the time taken for the color to return to the nail bed.
- **Step 3:** It normally takes 3 seconds or less. When it takes longer, arterial insufficiency is suspected.
- **Step 4:** Always compare to the normal side of the hand or fingers

## Interpretation

- **Normal Results:** The CRT is primarily recommended in the routine of unwell patients and should last less < 2 seconds. If the color is pink after no more pressure, it indicates a good blood flow to the finger. It's part of the assessment of patients who are seriously ill.
- **Abnormal Results:** A CRT > 2 seconds (infant) or 3 seconds (adults) prolonged CRT suggests an early sign of shock.

## Notes

## Follow-up actions

## Healthcare professional information

Name and signature:

Date signed: