

Ipswich Touch Test

Patient name: _____ Age: _____ Date: _____

Examiner: _____

Purpose

The Ipswich Touch Test is a simple and quick sensory test used to assess peripheral neuropathy in patients with diabetes. It can also be used for screening individuals who may be at risk for developing diabetic neuropathy.

Procedure

1. Lightly touch the tip of the first toe of each foot with your index finger.
2. Hold for 1-2 seconds.
3. Repeat the process on the third toe.
4. Repeat the process on the fifth toe.
5. Assign a score based on the number of toes detected out of a total of six.

Scoring

- A **score of 0/6** is deemed poor, signifying substantial loss of sensation.
- A **score of 6/6** is deemed excellent, indicating normal sensation.
- A **score of less than 4 out of 6**, with two or more insensate areas, suggests a loss of protective sensation and a heightened risk of foot ulceration.

Score:

Additional notes

Healthcare professional information

Name:

License number:

Contact number:

Signature: