

# CIRCULATION

## CHECKLIST

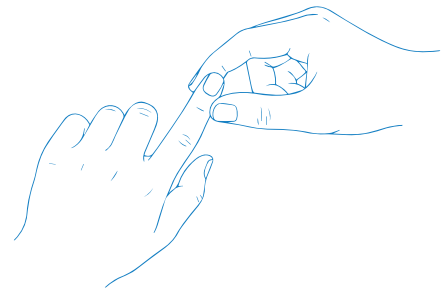
Here's a proven format based on successful medical self-assessment content: However, do remember, this checklist is a monitoring tool, not a diagnostic tool. If you notice any warning signs, don't wait - schedule an appointment with a vascular surgeon. Your health is too important to guess.

### CHECKPOINT 1: Capillary Refill Test (60 seconds)

- **What to do:** Press fingernail for 5 seconds, release
- **Normal:** Color returns within 2 seconds
- ⚠ **Warning sign:** Takes 3+ seconds (poor circulation)
- **Visual indicator:**

Tick the box with your results

- Green** = <2 sec
- Yellow** = 2-3 sec
- Red** = 3+ sec

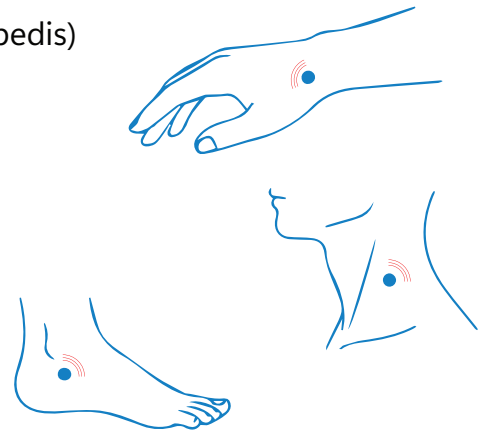


### CHECKPOINT 2: Pulse Check - 4 Key Points (90 seconds)

- **Locations:** Wrist (radial), Neck (carotid), Top of foot (dorsalis pedis)
- **Normal:** Strong, regular pulse at all 3 points
- ⚠ **Warning sign:** Weak/absent pulse in legs / feet
- **Action:** Compare both sides - asymmetry indicates blockage

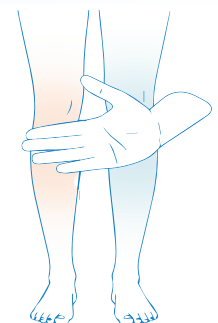
Tick the box with your results

- Green** = strong pulse at all 3 points,
- Yellow** = weak pulse in one leg,
- Red** = absent pulse in both legs / hands.



### CHECKPOINT 3: Skin Temperature Test (45 seconds)

- **What to do:** Touch both legs from the thigh to the toes
- **Normal:** Warm, equal temperature on both sides
- ⚠ **Warning sign:** One leg / foot noticeably colder, or cold feet despite a warm room
- **Note:** Temperature difference >2°C between limbs = concern



### Tick the box with your results

- Green = both side temperature equal,
- Yellow = One leg cooler than the other,
- Red = One leg is very cold

## CHECKPOINT 4: Color & Appearance Check (60 seconds)

- Normal: Pink/natural skin tone, no discoloration

### Warning signs:

- Pale or bluish toes / feet (cyanosis)
- Red / purple when legs hang down, pale when elevated
- Shiny, hairless skin on legs
- Non-healing wounds or sores

### Tick the box with your results

- Green = Normal and equal color,
- Yellow = White color on elevation,
- Red = Blue/ purple color

## CHECKPOINT 5: Movement & Sensation Test (45 seconds)

### What to do:

1. Wiggle toes, rotate ankles
2. Touch legs with fingertip - can you feel it equally on both sides?



- Normal: Full range of motion, equal sensation

Warning sign: Numbness, tingling, or "pins and needles" sensation

### Tick the box with your results

- Green = both side toe movement full range and equal,
- Yellow = One side marginally reduced movement,
- Red = Absent movement



### SCORING SYSTEM

All Green



Excellent circulation - continue daily checks

1-2 Yellow



Monitor closely, lifestyle modifications needed

Any Red



Consult vascular surgeon within 48 hours

Multiple Red



Seek immediate medical attention

## This checklist is particularly important if you have:

- Diabetes or pre-diabetes
- High blood pressure or cholesterol
- History of smoking
- Family history of heart disease or stroke
- Age 50+ years

If you have any of these risk factors, regular professional vascular screening is recommended in addition to this self-monitoring tool.

**Questions about your results? Discuss them with your vascular surgeon at your next appointment.**


Your Guide to Vascular Health  
Get expert answers and in-depth educational videos on all things vascular surgery—from diagnostics and prevention to the latest treatment options.



**SUBSCRIBE**  
Click Here

to the Dr Sumit Kapadia Vascular Surgeon YouTube channel today!

Need a direct connection?

Connect with us on WhatsApp Helpline:  +91 99041 14443

**Aadicura**<sup>®</sup>  
Superspeciality Hospital  
— Putting Patients First —

Aadicura Superspeciality Hospital, Windward Business Park,  
Jetalpur Road Vadodara - 390020 | aadicura.com  
Appointment number: 8980500032  
info@drsumitkapadia.com | www.drsumitkapadia.com