



Do you have good distal blood circulation? Capillary Refill is a way to determine distal circulation. It is the time it takes for blood to return to an area when pressure is applied. The time is always recorded in seconds and should be less than 3 seconds in a patient who has adequate circulation. You can assess capillary refill at your hands and feet by firmly applying pressure to one of your nails of your fingers or toes until it blanches, or becomes white, and count the number of seconds it takes for your skin to return to its normal color. The color of your extremities can tell us a lot about how effectively blood is reaching these areas. In an individual with healthy circulation, all extremities should appear pink. In a patient with impaired circulation, you may notice cyanosis which is a blueish discoloration of the skin.

Checking Capillary refill



Pressure is applied to nail bed until it turns white

Blood returned to tissue



#ADAM

Solving problems before they happen.