



TempStat™

Identify • Monitor • Prevent

TRAINING INSTRUCTIONS

- 1. Begin with a general explanation.** Explain to the patient the importance of examining their feet on a daily basis. Explain the basic science behind localized increases in temperature as a warning sign that inflammation may exist or is developing. Explain that when skin gets infected, the infected area is hotter than the surrounding area.
- 2. Let them play with the device.** When you first give them the device, encourage them to put their palms on the pads for a few seconds and then look at the print. Let them get used to seeing how the image is formed.
- 3. Demonstrate the appearance of a “Hot Spot”.** The easiest way to show color changes with increased temperature is to have the patients make palm prints on the pads. Then, with your index finger, rub a particular spot on the image to create friction heat. As you continue to rub, the pad should go through some color changes, ending finally with a fluorescent yellow area, which indicates the highest end of the heat range.
- 4. Let them try the device.** Remove their shoes and socks. Have them place their feet on the pads **FROM A SITTING POSITION**. Make sure their feet are not too cold and warm them up if necessary. Have them lean slightly forward with their hands on their knees. Ideally, they should leave their feet on the pads for 60 seconds. Instruct them to use the 60 seconds to inspect the tops of their feet for irritation, cuts, bruises or other damage.
- 5. Have them compare left and right foot imprint for noticeable DIFFERENCES.** Make sure that they understand that they are supposed to look for any noticeable color differences or “Hot Spots”. A fluorescent yellow marker will appear at the highest temperature ranges. It is only considered a “Hot Spot” if there is discoloration in one particular area of the foot imprint that does not appear on the other foot imprint.
- 6. Have them examine the soles of their feet in the Magnification Mirror.** Show them how to angle their foot properly to be able to see the sole clearly. Instruct them on what they should be looking for: namely, irritation spots, abrasions, cuts, bruises, cracks, and fissures.
- 7. Explain proper storage and handling instructions.** TempStat should always be kept in its protective box when not in use. TempStat should not be exposed to outdoor elements and should be kept out of direct sunlight or extreme heat or cold.

FREQUENTLY ASKED QUESTIONS

What is TempStat?

TempStat is a daily activity assist device that is intended to assist a patient to visualize the image and condition of the soles of their feet in connection with a daily self-examination for irritation, abrasions, cuts, bruises, swelling, inflammation and other damage to the sole of the foot.

Why should a patient use TempStat?

If a patient is instructed and enabled to examine their feet on a daily basis to look for signs of inflammation, irritation, injury, or infection, they have a better chance of catching these small problems early, before they become big problems.

How do the TempStat pads work?

TempStat is designed to act like a mirror and allow a patient to SEE the temperatures of the bottoms of their feet. Using Liquid Crystal technology, TempStat captures a thermal image of the bottom of the feet, with different colors representing different temperatures. The thermal images may be one color or a collection of many colors. It doesn't matter. The specific colors or exact temperatures are not important. The purpose of TempStat is not to measure or take an exact numerical temperature (which can vary greatly depending on many things, including the temperature of the room or the floor). Rather, the purpose of TempStat is to show a patient relative temperature DIFFERENCES in specific areas so they can visually identify potential trouble spots.

What should a patient be looking for?

A patient should compare and contrast the thermal images of their left and right foot for any noticeable differences. Since the soles of the left and right foot should generally be about the same temperature, the two thermal images should normally look essentially the same. However, if the two images look different because there are one or more colored spots that appear on one image and not the other, it means that the area of the foot creating these “HOT SPOTS” is warmer than other areas. Warmer areas may indicate that irritation, abrasions, cuts, bruises and other damage is present.

What to tell a patient to do if they see a “Hot Spot”

Tell them not to panic. The only purpose of the temperature sensitive pads is to alert them that something is different and there MAY be a problem. A patient should be instructed to should use the magnification mirror, or get a family member or friend, to visually examine the soles of their feet for irritation, abrasions, cuts and bruises, paying particular attention to any areas that show up as a “Hot Spot.” When dispensing TempStat to the patient, they should be provided with a written instruction detailing what they should do in the event that an irritation, abrasion, cut or bruise is discovered.

SAMPLE IMAGES

TempStat images will be in vibrant colors – usually bright greens and lighter and darker shades of blue. Below are some examples of the prints and how the "Hot Spots" may look. Remember, these are only samples. The prints will be in color and a "Hot Spot" could appear anywhere on the footprint, not just the locations shown in the samples.



NORMAL PRINTS



"HOT SPOT" IN ONE AREA



"HOT SPOTS" IN TWO AREAS

STORAGE AND HANDLING INSTRUCTIONS

TempStat should be returned to its storage case following use and kept out of direct sunlight, dampness, or heat. Ideally, TempStat should be stored between 20-30°C (68-86°F). Do not freeze, immerse in liquid or expose to outdoor elements.

The TempStat pads are not sterile should be cleaned periodically by spraying the surface with an antibacterial spray cleaner and wiping with a clean, dry cloth. If TempStat is being used by more than one person, the TempStat pads should be cleaned following each use to minimize risk of cross-contamination.

FOR PRESCRIPTION USE ONLY

TEMPSTAT IS NOT INTENDED TO BE USED TO ACCURATELY MEASURE FOOT TEMPERATURE, TO FORECAST THE LIKELIHOOD OF ULCERATION OR OTHERWISE DIAGNOSE THE PRESENCE OR ABSENCE OF ANY SPECIFIC DISEASE STATE.

The information contained herein is provided for educational purposes only. The information is provided with the understanding that Visual Footcare Technologies, LLC is not engaged in rendering medical advice or recommendation.

No warranties of any kind, either express or implied, including warranties of merchantability or fitness for a particular purpose, are made regarding the use of TempStat.

©2007 Visual Footcare Technologies, LLC. TempStat, Visual Footcare and related marks, images and symbols are the exclusive properties and trademarks of Visual Footcare Technologies, LLC and are registered or pending with the U.S. Patent and Trademark Office and may be registered or pending in other countries. Patents Pending.

Marketed and Distributed by Visual Footcare Technologies, LLC.



www.visualfootcare.com

