

Tier 3 HAVS Health Surveillance

You have been given an appointment with an occupational health nurse. The nurse will ask you a few questions about your working life and your lifestyle in general and will complete a more in depth questionnaire with you before carrying out all, some or none of the following procedures. The procedures are not invasive nor will they cause you any pain.



Blood Pressure Check

Procedure: The subject has his/her blood pressure checked as they would normally have it done by their own GP or a nurse at their own GP's surgery. In addition they may have other checks carried out on individual fingers. Along with pulse checks carried out on both wrists at different places on the wrist.

Grip Test using a Dynamometer

Procedure: The subject holds the dynamometer in the hand to be tested, with the arm at right angles and the elbow by the side of the body. The handle of the dynamometer is adjusted if required - the base should rest on the heel of the palm, while the handle should rest on middle of four fingers. When ready the subject squeezes the dynamometer with equal pressure from all four fingers, this is maintained for about 5 seconds. No other body movement is allowed. The subject is strongly encouraged to give maximum effort.



Pegboard Test

Procedure: The subject is to place the pins in the pegboard holes with first the right hand and then the left. Lastly the subject places pins in both sides at the same time. Each activity is timed and measured against an average age score.

These activities measure 2 functions: one involving gross movement of hands, fingers and arms; and the other involving fingertip dexterity.



Monofilament test

Procedure: The monofilament set is a set of thin nylon tips that are used to gauge how sensitive certain areas in your hand and fingers are in response to touch. The nurse will explain the procedure, as he/she will require your response in this test. You will be asked to close your eyes and say 'yes' every time you feel the touch of the monofilament no matter how lightly you feel the touch. The set may look different from that pictured, however, all sets of monofilaments are a calibrated thickness of nylon that are used to determine the subject's sensitivity to touch.

Reflex Test

Procedure: You may also have some checks carried out to test the reflexes in your hands and your arm. This will consist of the OHN striking tendons with a reflex hammer to gauge reactions. Again this procedure does not hurt and will not cause any damage to your hands or to your arms.

