

# UPPER EXTREMITY

## Snakebite Measurement Guide:

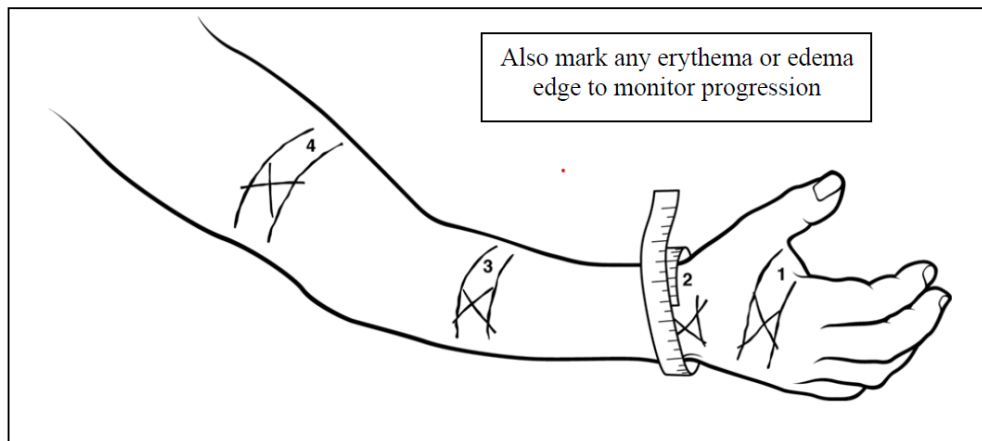
- 1) Mark edema edge to monitor for progression
- 2) Assess ability to make a fist/move fingers/move extremity
- 3) Axillary or groin tenderness or lymphadenopathy should be noted
- 4) The extremity should also be marked with ink at the measurement sites so that repeat measurements are done at the same location.
- 5) The tape measure should be wrapped loosely around the marked site to measure.
- 6) Circumferential measurements in centimeters (cm) should be recorded

### Time of measurements:

- Arrival measurements
- Hourly for the first 3 hours
- If antivenom administered, one hour after administration and then every 2 hours for 6 hours (3 more measurement cycles)
- If no antivenom given and the first 3-hour measurements are stable can change to measurements every 2 hours.
- After swelling appears to stop, and measurements are stable can change to measure every 4 hours.

Upper Extremity: Make a copy of this page if more measurements are needed!

Location	Date/Time <i>Arrival</i>	Date/Time	Date/Time	Date/Time	Date/Time	Date/Time	Date/Time
Hand	cm	cm	cm	cm	cm	cm	cm
Wrist	cm	cm	cm	cm	cm	cm	cm
Forearm	cm	cm	cm	cm	cm	cm	cm
Arm	cm	cm	cm	cm	cm	cm	cm
Axillary tender Y/N							



# LOWER EXTREMITY

## Snakebite Measurement Guide:

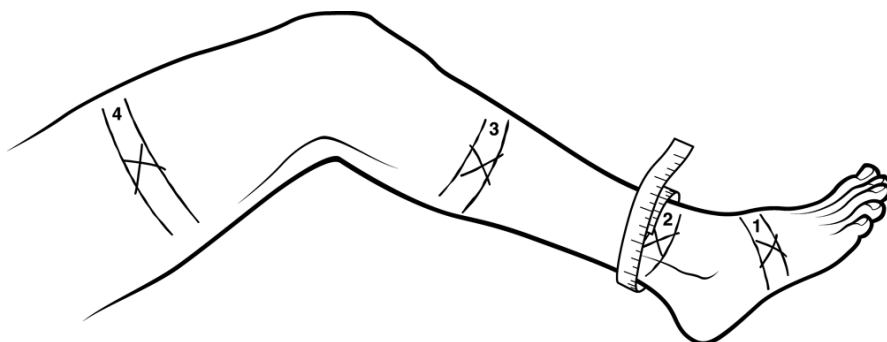
- 1) Mark edema edge to monitor for progression
- 2) Assess ability to make a fist/move fingers/move extremity
- 3) Axillary or groin tenderness or lymphadenopathy should be noted
- 4) The extremity should also be marked with ink at the measurement sites so that repeat measurements are done at the same location.
- 5) The tape measure should be wrapped loosely around the marked site to measure.
- 6) Circumferential measurements in centimeters (cm) should be recorded

### *Time of measurements:*

- Arrival measurements
- Hourly for the first 3 hours
- If antivenom administered, one hour after administration and then every 2 hours for 6 hours (3 more measurement cycles)
- If no antivenom given and the first 3-hour measurements are stable can change to measurements every 2 hours.
- After swelling appears to stop, and measurements are stable can change to measure every 4 hours.

**Lower Extremity: Make a copy of this page if more measurements are needed!**

	Date/Time <i>Arrival</i>	Date/Time	Date/Time	Date/Time	Date/Time	Date/Time	Date/Time
<b>Location</b>							
Foot	cm	cm	cm	cm	cm	cm	cm
Ankle	cm	cm	cm	cm	cm	cm	cm
Calf	cm	cm	cm	cm	cm	cm	cm
Thigh	cm	cm	cm	cm	cm	cm	cm
Groin tender Y/N							



**Expected Progress:**

- For a hand bite, the patient should have an increase in swelling of forearm and bicep but a decrease in the swelling of hand and wrist if properly elevated above the heart in relative extension (< 45 degrees flexion).
- For a foot bite, the patient should have increase in swelling in calf and thigh but decrease in the swelling in foot and ankle if properly elevated above the heart in relative extension (< 45 degrees flexion).