

# Numbness / tingling / altered sensation

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## Rationale

Patients will often present complaining only of altered sensation. There are varying underlying causes, some of which are serious.

## Causal Conditions

(list not exhaustive)

- Peripheral neuropathy (e.g., diabetic neuropathy, carpal tunnel syndrome, radiculopathy)
- Central nervous system (e.g., multiple sclerosis)
- Dermatological (e.g., herpes zoster, angioedema)
- Mental disorders (e.g., panic attacks)

## Key Objectives

Given a patient presenting with isolated numbness/tingling/altered sensation, the candidate will diagnose the cause, severity, and complications, and will initiate an appropriate management plan.

## Enabling Objectives

Given a patient with numbness/tingling/altered sensation, the candidate will

- list and interpret critical clinical findings, including
  - a. history data relevant to potential underlying causes (e.g., diabetic risk factors, workplace risk factors, distribution of symptoms);
  - b. results of a physical examination including a thorough neurological examination;
- list and interpret appropriate investigations (e.g., fasting glucose, nerve conduction studies)

- a. recognize the fact that in many such cases investigations may not be required;
- construct an effective initial management plan based on the working diagnosis, including
  - a. providing appropriate continuing assessment and ongoing care;
  - b. determining if the patient requires specialized care;
  - c. advising the patient, if necessary, on work-related issues.