



Ministry
of Defence

NFCI

Field Assessment Tool (NFAT)

JSP 375 Chapter 42 Annex E
V1.3 November 22



Field Assessment Tool (NFAT)

		Feel Hands and Feet	Only continue examination if hands or feet feel cold
HISTORY	How long have your fingers/toes been so cold that they have no feeling?	Less than 60 mins	60 mins or more
	Have you noticed any burning/tingling/pins and needles or other pain?	NO	YES
LOOK	Are the fingers/toes a normal colour?	YES	NO
FEEL	Can they feel you touching their fingers/toes? <i>(get them to close their eyes while you do this and say 'touch' each time they feel something)</i>	YES	NO
	Does it feel normal to them when you touch them?	YES	NO
RESPONSE TO TREATMENT	Do their fingers/toes rewarm easily in less than 30 mins?	YES	NO
	As they rewarm do they notice any burning/tingling/pins and needles or other pain.	No or lasts less than 30 mins	Yes and persists longer than 30 mins



May continue



High index of suspicion; only allow to continue if once warm they have no further symptoms; re-check them regularly.



2 ambers (that do not resolve on rewarming) or red = NFCI until proven otherwise, remove from cold environment and arrange review with doctor.

For any potential NFCI case please record service number and tick against any amber or red symptoms/signs found

Service number:

Response to treatment	Feel	Look	History
Date: Name of person doing examination:			
Time:			
Place			

Response to treatment	Feel	Look	History
Date: Name of person doing examination:			
Time:			
Place			

Response to treatment	Feel	Look	History
Date: Name of person doing examination:			
Time:			
Place			



Management of NFCI

- Re-warm the patient both generally and their hands and feet:
 - Replace any wet clothing with dry.
 - Add extra layers of clothing and put on a warm hat.
 - Ensure adequate wind and water-proofing if still in the field.
 - When possible, move to a heated vehicle, tent or building. If this is not immediately accessible then use any available shelter.
- Provide with hot drinks and food.
- Refer to the medic for initial assessment and then onto a doctor.
- Do not allow a return to the cold environment.