**Guidelines for Sympathetic Skin Response recording**

The test SSR is used to examine the condition of the sympathetic nervous system.

**Patient position:** Sitting or reclining in a comfortable, relaxed position.

**Type of recording electrodes:** Surface plate electrodes

**Position of recording electrode:** in the palm and on the sole of the foot.

**Position of reference electrode:** on the dorsal side of the hand/foot

Note the importance of a relaxed, quiet and stressless environment during the recording!

**KeyPoint setup for the SSR-programme:**

4-channel recording
1 = right hand
2 = left hand
3 = right foot
4 = left foot

If the skin temperature is below 29 °C in the hands and 28 °C in the feet – warm them up!
Rub the skin for low skin resistance.

Describe the recording procedure to the patient – “be relaxed, I will surprise you with different stimuli. Stay still and quiet during the recording – whatever happens!”

**Examples of stimulations:**

- Electric. Stimulate the Ulnar nerve at the elbow. If SSR-responses – STOP.

- Loud noises. Clap your hands unexpectedly, call the patients name.
- Ask the patient to take a deep breath
- Touch the patient somewhere.

Perform the non-electric stimulations at the same time as you press the foot pedal to trigger the sweep to start. These recordings need to be done only if the electric stimulation fails to elicit a SSR-response. You have 5 runs per test in the programme.
Example of recording

**Result:**
Latency, amplitude and area are measured.

SSR is pathological when no response is recorded or the latency is prolonged.
Latency for hand (when stimulating ulnar nerve at elbow) shall be shorter than 2 msec.
Latency for foot shorter than 3 msec.

**Pitfalls:**
- Spontaneous SSR-responses
- Movement artefacts
- Bad electrodes
- Wrong amplification