



Diabetic Foot Examination Risk Categories

Risk Category 0	Management Guide 0	Footwear Guide 0
<ul style="list-style-type: none"> • Has a disease that can lead to insensitivity • Has protective sensation • Has not had a plantar ulcer 	<ul style="list-style-type: none"> • Examine feet at each visit or at least 4 times a year • Annual comprehensive lower extremity exam • Patient education 	<ul style="list-style-type: none"> • Shoes of proper style and fit • Patient education
Risk Category 1	Management Guide 1	Footwear Guide 1
<ul style="list-style-type: none"> • Has protective sensation • Has foot deformity • Has not had a plantar ulcer Or <ul style="list-style-type: none"> • Does not have protective sensation • Does not have foot deformity • Has not had a plantar ulcer 	<ul style="list-style-type: none"> • Examine feet at each visit or at least 4 times a year • Comprehensive lower extremity exam every 3-6 months • Patient education 	<ul style="list-style-type: none"> • Depth shoes or running shoes (extra depth) • Non-molded soft insoles • Patient education
Risk Category 2	Management Guide 2	Footwear Guide 2
<ul style="list-style-type: none"> • Does not have protective sensation • Does have a foot deformity • Has not had a plantar ulcer 	<ul style="list-style-type: none"> • Examine feet at each visit or at least 4 times a year • Comprehensive lower extremity exam every 3-6 months • Refer to specialists as indicated • Patient education 	<ul style="list-style-type: none"> • Depth shoes or running shoes (extra depth) • Rigid rocker • Custom molded foot orthoses • Patient education
Risk Category 3	Management Guide 3	Footwear Guide 3
<ul style="list-style-type: none"> • Does not have protective sensation • Has a history of plantar ulcer or neuropathic fracture (Charcot) 	<ul style="list-style-type: none"> • Examine feet at each visit or at least 4 times a year • Comprehensive lower extremity exam every 3-6 months • Refer to specialists as indicated • Patient education 	<ul style="list-style-type: none"> • Depth shoes or custom molded shoes (extra depth) • Rigid rocker or Ankle Foot • Orthosis (AFO) with rigid rocker • Custom molded foot orthoses • Patient education

Websites—The editorial committee has identified a select number of websites about foot care.

- ❖ National Diabetes Education Program: www.ndep.nih.gov
- ❖ American Diabetes Association: www.diabetes.org
- ❖ For Health Care Professionals - ADA Position Statement: Preventive Foot Care in People With Diabetes; Diabetes Care 26:S78-S79, 2003: care.diabetesjournals.org/cgi/content/full/26/suppl_1/s78
- ❖ For Patients - Taking Care of Your Body: Foot Care: www.diabetes.org/main/health/body_care/foot/foot_care.jsp
- ❖ National Institute of Health: www.niddk.nih.gov/health/diabetes/diabetes.htm
- ❖ Feet Can Last a Lifetime: www.niddk.nih.gov/health/diabetes/feet/feet.htm
- ❖ Lower Extremity Amputation Prevention (LEAP) Program: bphc.hrsa.gov/programs/LEAPprograminfo.htm

These websites may be accessed directly or through the New Mexico Health Care Takes On Diabetes website. Please note that these websites do not necessarily represent the views of New Mexico Health Care Takes On Diabetes. They are listed here for your reference and convenience. NMHCTOD does not evaluate websites for content accuracy or application to any clinical situation.

Monofilament Resources: Purchasing Monofilaments—The LEAP website includes organizations that sell monofilaments. Monofilaments are a cost effective method of testing for the presence or absence of protective sensation. Monofilaments are an easy way to engage patients to actively participate in their care and decrease the incidence of foot ulcerations and amputations.

bphc.hrsa.gov/programs/LEAPprograminfo.htm

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