



# Diabetic Foot Examination Risk Categories

Risk Category 0	Management Guide 0	Footwear Guide 0
<ul style="list-style-type: none"> <li>• Has a disease that can lead to insensitivity</li> <li>• Has protective sensation</li> <li>• No history of ulcer/amputation or lower extremity disease</li> </ul>	<ul style="list-style-type: none"> <li>• Examine feet at each visit</li> <li>• Annual comprehensive lower extremity exam</li> <li>• Patient education*</li> </ul>	<ul style="list-style-type: none"> <li>• Shoes of proper style and fit</li> <li>• Patient education*</li> </ul>
Risk Category 1	Management Guide 1	Footwear Guide 1
<ul style="list-style-type: none"> <li>• May or may not have protective sensation</li> <li>• May or may not have foot deformity</li> <li>• No history of ulcer/amputation or lower extremity disease</li> </ul>	<ul style="list-style-type: none"> <li>• Above steps AND</li> <li>• Comprehensive lower extremity exam every 3-6 months</li> </ul>	<ul style="list-style-type: none"> <li>• Previous steps AND</li> <li>• Depth shoes or running shoes (extra depth)</li> <li>• Non-molded soft insoles</li> </ul>
Risk Category 2	Management Guide 2	Footwear Guide 2
<ul style="list-style-type: none"> <li>• Does not have protective sensation</li> <li>• Does have a foot deformity</li> <li>• No history of ulcer/amputation or lower extremity disease</li> </ul>	<ul style="list-style-type: none"> <li>• Above steps AND</li> <li>• Refer to specialists as indicated</li> </ul>	<ul style="list-style-type: none"> <li>• Previous steps AND</li> <li>• Rigid rocker</li> <li>• Custom molded foot orthoses</li> </ul>
Risk Category 3	Management Guide 3	Footwear Guide 3
<ul style="list-style-type: none"> <li>• Does not have protective sensation</li> <li>• Has a history of plantar ulcer or neuropathic fracture (Charcot)</li> <li>• Has a history of prior amputation</li> </ul>	<ul style="list-style-type: none"> <li>• Same as above steps</li> </ul>	<ul style="list-style-type: none"> <li>• Previous steps AND</li> <li>• Rigid rocker or Ankle Foot</li> <li>• Orthosis (AFO) with rigid rocker</li> </ul>

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

- ❖ National Diabetes Education Program: [www.ndep.nih.gov](http://www.ndep.nih.gov)
- ❖ American Diabetes Association: [www.diabetes.org](http://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](http://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](http://www.diabetes.org/main/health/body_care/foot/foot_care.jsp)
- ❖ National Institute of Health: [www.niddk.nih.gov/health/diabetes/diabetes.htm](http://www.niddk.nih.gov/health/diabetes/diabetes.htm)
- ❖ Feet Can Last a Lifetime: [www.niddk.nih.gov/health/diabetes/feet/feet.htm](http://www.niddk.nih.gov/health/diabetes/feet/feet.htm)
- ❖ Lower Extremity Amputation Prevention (LEAP) Program: [bphc.hrsa.gov/programs/LEAPprograminfo.htm](http://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**—Monofilaments are a cost effective method of testing for the presence or absence of protective sensation. They are an easy way to engage patients to actively participate in their care and decrease the incidence of foot ulcerations and amputations. The LEAP website includes organizations that sell monofilaments. [bphc.hrsa.gov/programs/LEAPprograminfo.htm](http://bphc.hrsa.gov/programs/LEAPprograminfo.htm)

**P.O. Box 3548  
Albuquerque, NM 87190  
(866) 796-9121  
(505) 796-9121**