

## Classifying diabetic foot screenings

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### Abstract

Diabetic foot is an increasing problem globally and prevention is the best strategy to avoid complications with some of the known methods of prevention includes education and screening. Numerous novel screening tools exist in different parts of the world. This article aims to provide a new classification for diabetic foot screening which is descriptive in nature and is an extension of Amit Jain’s ‘SCC’ classification system in diabetic foot.

**Keywords:** Diabetic foot, screening, triple assessment, Amit Jain’s, Inlow’s, classification

### Introduction

Diabetes mellitus is one among the top 10 leading causes of death in adults with around 537 million people being affected with it worldwide [1]. One of the most common complications of diabetes which is costly to manage and is known to lead to amputation and poor quality of life is diabetic foot which can affect around 25% of people with diabetes [2, 3]. Around 85% of amputation of lower extremities in diabetes can be prevented [3].

For years, it is well known that diabetic foot ulcers are known to cause medical as well as financial burden [4]. Diabetic foot ulcer as well as amputation are frequent cause for diabetes related hospital admissions [5]. One of the most important strategies to prevent the diabetic foot complications and amputation is the screening of the foot [6]. One needs to be aware that there is a difference between

screening, examination and awareness campaign [4] and healthcare professional mixes these often.

There are different screening tools for diabetic foot on whole being used in different parts of the world [4, 6].

### Amit Jain’s Classification for Diabetic Foot Screenings

The author proposes a new descriptive classification for diabetic foot screenings, which is an extension and expansion of his “SCC” classifications in diabetic foot [7, 8].

Based on the ease of understanding, performing and the complexities of the screening tool, the author classifies all the known diabetic foot screening methods or tools into 3 distinct types namely Simple, Complex and Complicated Diabetic foot screening tools (Table1). Any new screening tool on diabetic foot in future can be placed in anyone of these types as it is an open classification.

**Table 1:** showing the new Amit Jain’s Classification for Diabetic Foot Screenings

Types of Diabetic foot Screenings	Description	Examples
Type 1 Diabetic Foot Screening	Simple	Amit Jain’s screening tool, etc
Type 2 Diabetic Foot Screening	Complex	Simplified 60 second diabetic foot screening tool, etc
Type 3 Diabetic Foot Screening	Complicated	Inlow’s 60 second screening tool, etc

Type 1 diabetic foot screening are simple screening tools which are extremely easy to perform, remember and understand. An example of type 1 screening tool is Amit Jain’s screening tool also known as Amit Jain’s Triple Assessment/Linear Foot Test. This screening tool is from India and has 3 components namely the Look, Feel and the Test Components that efficiently addresses the trio-path [11]. This screening tool fulfills most criteria laid down for any ideal screening method and is extremely simple, practical, cost effective and easy to remember by any healthcare workers and professionals [10].

Type 2 diabetic foot screening tools are complex screening tools that may take bit more time to perform and remember. An example of type 2 screening method is the simplified 60 second foot screening tool [12]. This screening tool has 10 items in it [12] and was a modified tool that used components of the Inlow’s tool as its foundation [14].

Type 3 diabetic foot screening tools are complicated screening tools and example of it is Inlow’s 60 second screening tool. This screening tool has 12 items in it and has score ranging from 0 to 23 [13, 14]. This screening tool was said to be designed as a clinical, home care, hospital or bedside screening tool [13]. It was stated to be simple and fast but it was noted by few to be complex to be completed in 60 seconds [14]. It in fact took anywhere between 2 to 21 minutes with an average of 7 minute to complete [14]. Among all the 3-screening tool mentioned above, the Inlows screening tool is placed in type 3 by the author as it is complicated and not easy to be remembered often requiring chart for it.

### Conclusion

Screening of diabetic foot is essential for preventing diabetic foot complications and there are numerous

screening tools worldwide having their own merits and demerits. Amit Jain's classification for diabetic foot screening tool/methods is a new descriptive classification that divides all the screening tools into 3 types. It is practical, easy to remember classification that can be used as an effective teaching tool.

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