

Appendix E: University of Texas Foot Classification System – Categories 0-3: Risk Factors for Ulceration

CATEGORY 0: NO PATHOLOGY	CATEGORY 1: NEUROPATHY, NO DEFORMITY
<ul style="list-style-type: none"> ■ Patient diagnosed with diabetes mellitus ■ Protective sensation intact ■ Ankle Brachial Pressure Index (ABPI) > 0.80 and toe systolic pressure >45 mmHg ■ Foot deformity may be present ■ No history of ulceration <p>POSSIBLE TREATMENT FOR CATEGORY 0</p> <ul style="list-style-type: none"> ■ Two to three visits a year to assess neurovascular status, dermal thermometry, and foci of stress ■ Possible shoe accommodations ■ Patient education 	<ul style="list-style-type: none"> ■ Protective sensation absent ■ Ankle Brachial Pressure Index (ABPI) > 0.80 and toe systolic pressure >45 mmHg ■ No history of ulceration ■ No history of diabetic neuropathic osteoarthropathy (Charcot's joint) ■ No foot deformity <p>POSSIBLE TREATMENT FOR CATEGORY 1</p> <p>Same as Category 0 plus:</p> <ul style="list-style-type: none"> ■ Possible shoe gear accommodation (pedorthic/orthotist consultation) ■ Quarterly visits to assess shoe gear and monitor for signs of irritation

CATEGORY 2: NEUROPATHY WITH DEFORMITY	CATEGORY 3: HISTORY OF PATHOLOGY
<ul style="list-style-type: none"> ■ Protective sensation absent ■ Ankle Brachial Pressure Index (ABPI) >0.80 and toe systolic pressure >45 mmHg ■ No history of neuropathic ulceration ■ No history of Charcot’s joint ■ Foot deformity present (focus of stress) <p>POSSIBLE TREATMENT FOR CATEGORY 2</p> <p>Same as Category 1 plus:</p> <ul style="list-style-type: none"> ■ Pedorthic/orthotist consultation for possible custom molded/extra depth shoe accommodation ■ Possible prophylactic surgery to alleviate focus of stress (e.g., correction of hammer toe or bunion deformity) 	<ul style="list-style-type: none"> ■ Protective sensation absent ■ Ankle Brachial Pressure Index (ABPI) >0.80 and toe systolic pressure >45 mmHg ■ History of neuropathic ulceration ■ History of Charcot’s joint ■ Foot deformity present (focus of stress) <p>POSSIBLE TREATMENT OF CATEGORY 3</p> <p>Same as Category 2 plus:</p> <ul style="list-style-type: none"> ■ Pedorthic/orthotist consultation for custom molded/extra depth shoe accommodation ■ Possible prophylactic surgery to alleviate the focus of stress (e.g., correction of bunion or hammer toe) ■ More frequent visits may be indicated for monitoring

Note. From “Practical criteria for screening patients at high risk for diabetic foot ulceration,” by L.A. Lavery, D.G. Armstrong, S.A. Vela, T.L. Quebedeau and J.G. Fleishchli, 1998, *Archives of Internal Medicine*, 158(2), p. 157-162. Reprinted with permission of Dr. D.G. Armstrong.