At Risk Foot and High Risk Foot

**Defined** by the presence of conditions that will negatively impact on the function of the foot or its structures placing the lower limb at risk of infection, ulceration or amputation. Whilst diabetes is the most common precursor diagnosis for foot risk, other conditions may contribute to risk including renal failure requiring haemodialysis, systemic arthropathies and autoimmune diseases.

The definition of risk is a triad of factors:

- **Peripheral Arterial Disease** (weak/absent pedal pulse, reduced phasic flow, abnormal ABI values)
- **Loss of protective sensation** (loss of 10g monofilament perception, vibration loss, proprioception deficit)
- **Structural deformity causing focal pressure** (reduced joint range of motion, pressure areas)

Information Required for Referral

- Presence of Red Flags
- Medications and Medical History - including infection, ischemia, uncontrolled hyperglycaemia.
- Surgical History – including amputation
- Podiatric History including footwear and appliances
- Social and Drug History (ETOH/smoking)

Investigations Required for Referral

- Vascular assessment
- Neurological assessment
- Presence and duration of symptoms
- Pathology and imaging must accompany patient on referral.

Fax Referrals to

Flinders Medical Centre 8204 5020

Red Flags

- History of ulceration/amputation/charcot neuroarthropathy
- Wounds with no improvement or advancement within a 4 week period or gangrene present
- Detection of foot pressure area
- Patient has renal dialysis, severe renal impairment
- Chronic ischaemic rest pain or leg symptoms with exertion
- Non palpable pedal pulses
- Age 50-69 with cardiovascular risk or >70 years

Suggested GP Management

- Determine critical limb ischaemia (rest pain) and refer directly to the SALHN Vascular team or ED
- Ensure that patient is linked into appropriate services
- Address associated risk factors

Clinical Resources

- University of Texas Diabetes Foot Classification [http://www.footpainreliefstore.com/library/25060.htm](http://www.footpainreliefstore.com/library/25060.htm)

General Information to assist with referrals and Referral templates are available to download from the SALHN Outpatient Services website [www.sahealth.sa.gov.au/SALHNoutpatients](http://www.sahealth.sa.gov.au/SALHNoutpatients)