

Short Article

Amit Jain's Diabetic Foot Pentagon

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Abstract: Diabetic foot is one of the complications of diabetes which was often neglected. Recently, there has been a surge in understanding this condition in view of advances that has taken place in this field due development of various new concepts. The author over years have given various new concepts through new principle and practice of diabetic foot and pioneered the concept of modern diabetic foot. Amit Jain's diabetic foot pentagon is one such new concept proposed by author. This pentagon covers in brief the entire framework of diabetic foot

Keywords: Diabetic foot, Amit Jain's, Pentagon

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INTRODUCTION

Diabetic foot is undoubtedly a complex disease with varied spectrum of lesions affecting the foot of diabetes (Gopal, S., & Haridarshan, S. J. 2019). The consequence of diabetic foot is amputation which is often preventable [Jain, A. K. C., & Tejasvitaa, R. S. 2019). With most of the specialist being aware of this outcome, yet it is neglected both by patients and health care professionals (Gopal, S., & Haridarshan, S. J. 2019; Jain, A. K. C., & Tejasvitaa, R. S. 2019). Over

past few years, various new concept was laid down on diabetic from Indian subcontinent and one such being Amit Jain's principle and practice which is a modern diabetic foot surgical concept aimed to improvise diabetic foot practice around the world (Gopal, S., & Haridarshan, S. J. 2019; Jain, A. K. C. *et al.*, 2020). The Diabetic foot pentagon (Figure 1) is another new innovative concept of the author.

Amit Jain's Diabetic Foot Pentagon



Figure 1: showing the Amit Jain's diabetic foot pentagon

Amit Jain's Diabetic Foot PENTAGON

The acronym pentagon proposed by the author aims to briefly cover the spectrum of diabetic foot (Gopal, S., & Haridarshan, S. J. 2019; Jain, A. K. C., & Tejasvitaa, R. S. 2019; Jain, A. K. C. *et al.*, 2020; Jain, A. K. C. *et al.*, 2019; Doupis, J., & Alexiadou, K. 2012) through its letters. This is an open concept wherein one can use letter for adding new different relevant concepts. The following are the letter representation.

P – This letter represents the pathological lesions one encounters in diabetic foot like abscess, wet gangrene, necrotizing fasciitis, ulcers, etc. Amit Jain's universal classification for diabetic foot complications encompasses almost all these lesions seen in diabetic foot into 3 simple types namely, type 1, type 2 and type 3 diabetic foot complications.

E – This letter represents the etiology in diabetic foot. Diabetic foot consists of classical triad namely neuropathy, infection and ischemia. These can be *Evaluated* through screening or examination. Amit Jain's triple assessment is a simple screening tool that addresses the triad effectively. Education of patient can be done about diabetic foot.

N – This letter represents novel dressings/ gadgets/ techniques available that can be used in diabetic foot wounds and some of them include hydrogels, hydrocolloids, alginates, negative pressure wound therapy, etc.

T – This letter represents the therapeutic footwear which is essential for diabetic foot for prevention of diabetic foot problems like ulcers and protection of the foot. This letter can also represent for *Team* approach in diabetic foot.

A – This letter represents the amputation surgery and non-amputation surgeries/procedure that are being done in diabetic foot. The amputation surgeries could be minor amputation or major amputation and an example for non-amputation procedure is debridement. This letter also represents *Antibiotic* usage for infection and Adjunctive therapies in diabetic foot.

G – This letter reflects the general condition of the diabetic foot patients. Many of them have chronic renal failure, stroke, ischemic heart disease, etc.

O - This letter represents offloading which is another important strategy essential for diabetic foot management. This letter can also represent *Orthotics* and prosthetics that are required in diabetic foot.

N- This letter represents never give up philosophy. Diabetic foot being chronic disease often may not have desirable results. One needs to have patience, passion and perseverance. Patience is needed when wounds don't heal or when patients attitude is not conducive. Passion is needed as diabetic foot is a neglected field and not many give their best dedication to this field. Perseverance is required to be genuinely successful and to continue doing good work.

CONCLUSION

Amit Jain's diabetic foot pentagon is a new concept aimed at understanding the entire framework of diabetic foot in simple manner as it briefly amalgamates almost various concepts of diabetic foot to form a structure. It is simple, easy to remember model which would be an invaluable tool both for teaching and also to be used in clinical practice to guide them in diabetic foot.

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