

Review Article

Rule of 3 in Diabetic Foot

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Article History: | Received: 05.02.2020 | Accepted: 14.02.2020 | Published: 28.02.2020 |

Abstract: Numerous rules exist in the medical field which we read in our undergraduate and postgraduate curriculum and few of the rules are popular. One such new rule in diabetic foot is Amit Jain's rule of 3 which is one of the largest rules in field of medicine/surgery. This article aims to highlight this new open rule in diabetic foot.

Keywords: Diabetes, Foot, Amit Jain, Rule.

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INTRODUCTION

It is estimated that by the year 2045, there will be around 700 million people with diabetes mellitus worldwide (Saeedi, P. *et al.*, 2019). Diabetic foot is one such common complication of diabetes which often increases the burden to patient and his family.

We have observed that various concepts have been proposed in diabetic foot over past few years. One of many such new concepts that stand out in diabetic foot is the "Rule of 3". This rule was described by Amit Jain, an Indian Surgeon, in 2018 (Jain, A. K. C. 2018). This rule of three describes all the "3"s that exist in the foot (assimilation of "3"s in foot). Table 1 shows the "Rule of 3" in diabetic foot (Haridarshan, S. J. 2018; Jain, A. K. C. 2020).

Table. 1 showing the Amit Jain's rule of 3 in diabetic foot

"3" cuneiform bones
"3" phalanx in lesser toes
"3" arches in the foot
"3" parts of foot
"3" plantar interossei
"3" muscles in 3rd layer of foot
"3" major form of foot
"3" main leg arteries supply foot
"3" main causes (Triad)
"3" neuropathy (Sensory, Motor, Autonomic)
"3" components in Amit Jain's screening (Triple assessment)
"3" main types of diabetic foot complications (Amit Jain's Type 1, Type 2, Type 3 complications)
"3" sites for abscess (Dorsum, Plantar, Interdigital)
"3" types of gangrene (Wet gangrene, Dry gangrene, Gas gangrene)
"3" common bone problems (Osteomyelitis, Toe deformities, Charcot foot)
"3" common sagittal plane lesser toe deformities (Hammer toe, Claw toe, Mallet toe)
"3" new classes of ulcers (Amit Jain's Class 1, Class 2, Class 3 diabetic foot ulcers)
"3" components in Amit Jain's ulcer coding (Size, Anatomical area, Class)
"3" components in Amit Jain's debridement classification (Grading, Extent, Repetition)
"3" commonest amputation done (Toe amputation, Transmetatarsal, Below knee amputation)
"3" types of offloading (Amit Jain's Type 1, Type 2, Type 3)
"3" monthly follow up (At risk foot)

“3” laws in diabetic foot (Amit Jain’s law’s)
“3” types of diabetic foot Classifications
“3” arthrodesis in diabetic Charcot foot (Triple arthrodesis)
“3” types of callus (Amit Jain’s Type 1, Type 2, Type 3)
“3” types of Charcot foot (Amit Jain’s Type 1, Type 2, Type 3)
“3” classes of toe deformities (Amit Jain’s Type 1, Type 2, Type 3)
“3” types of foot amputations (Amit Jain’s Type 1, Type 2, Type 3)
“3” types of Diabetic footwear (Amit Jain’s Type 1, Type 2, Type 3)

CONCLUSION

The Amit Jain’s rule of 3 for diabetic foot is the largest rule in medicine. This open rule is a new concept that encompasses all the ‘3’s in the foot. We highlighted all the “3”s in the diabetic foot including the newer ones.

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