

# 단계별 당뇨병 관리란 무엇인가?

## Staged Diabetes Management

3가

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### Abstract

The rising incidence and prevalence of diabetes along with its complications have become a global concern. The necessity for a comprehensive model - targeting primary, secondary and tertiary prevention as well as all levels of care has become apparent. Staged Diabetes Management (SDM) was developed over a decade ago by the International Diabetes Centers, Minneapolis, Minnesota, U.S.A.. SDM was founded on the principle that a detailed understanding of the natural history of diabetes and the underlying defects responsible for the development of hyperglycemia and its associated complications should be the basis of sound clinical decision - making. It relies on clinical pathways to guide the clinicians through the detection, treatment and follow up of each type. Unique to SMD is that each pathway is customized for utilization in collaboration with local physicians and allied health professionals. Thus far clinicians from 22 countries, using 11 translated versions of SDM, have participated in this process. In Korea, SDM was introduced in 1999 with the foundation of the committee in Korean Diabetes Association (KDA). Taking into account the regional difference in medical practice, resource allocation, availability of pharmacological agents and access to care, this Korean version of SDM was developed to reduce variation in practice, improve screening and detection, tighten glycemic control and to increase surveillance of complications. It has been noted that diabetes contributes to the cost of medical services. One way of reducing the financial burden is to find cost - effective approaches to prevention, detection and treatment of diabetes and its complications. The SDM model directly addresses this issue by seeking ways to optimize the limited resources available for diabetes care, prioritizing treatment, reducing medical error and expanding the role of allied health professionals. As SDM moves into the 21st century, its mission has expanded to encompass the principles of primary and secondary prevention.

**Keywords :** Diabetes mellitus; Primary care;  
Staged diabetes management

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betes Control and Com-  
plication Trial(DCCT) 2  
United Kingdom  
Prospective Diabetes Study  
(UKPDS)

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(primary care)

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가 DCCT 가

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(critical decision)

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가 DCCT (algorithm)

. 1995 IDC

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가 Etzwiler

(SDM, Staged Diabetes

International Diabetes Center(IDC) Management), SDM .

(Staged Diabetes Management, SDM) 22 11

evidence based manner

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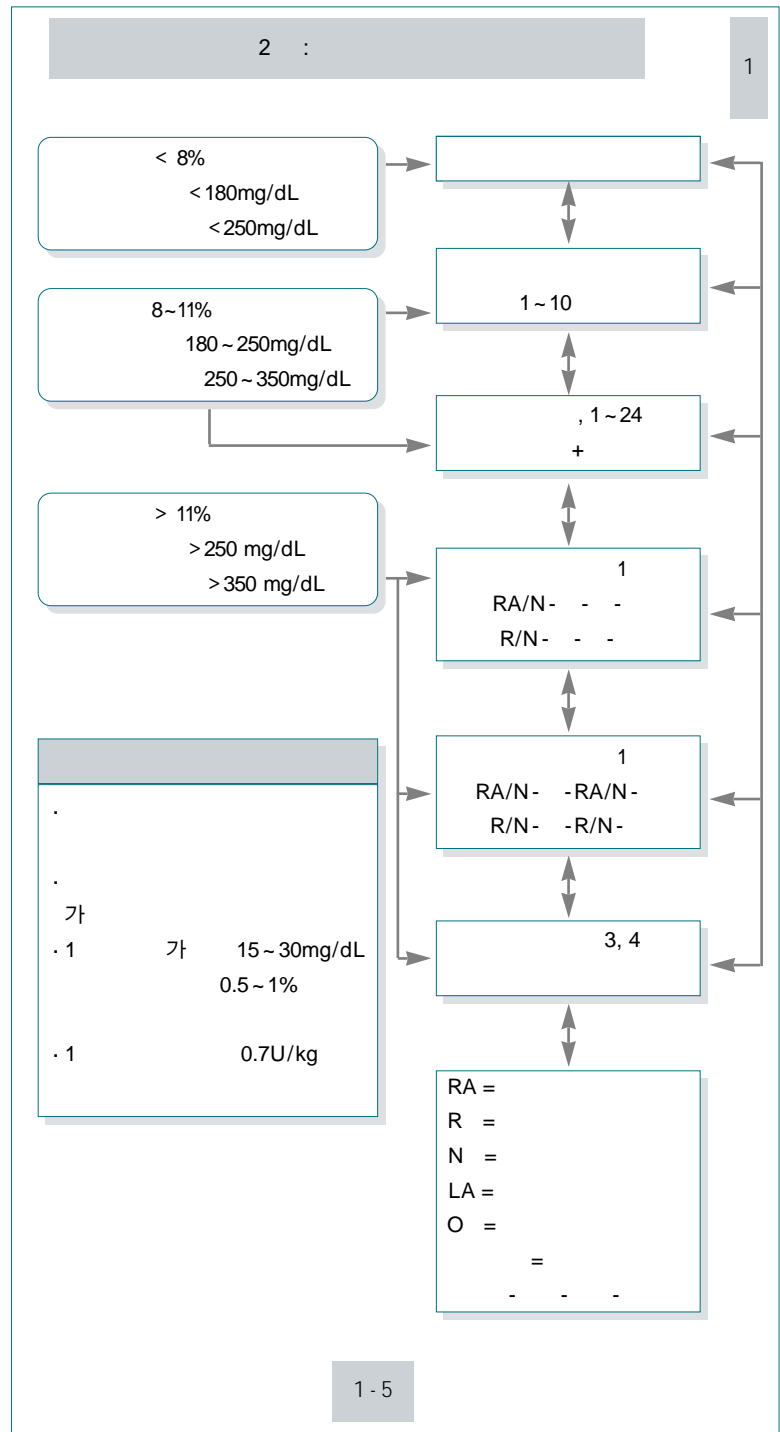
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(clinical pathway)  
(guideline)

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17:00 ~ 17:10  
17:10 ~ 17:30 Diabetes Update: Metabolic Syndrome  
17:30 ~ 17:50 Introduction of SDM: Diabetes Practice  
Guideline  
17:50 ~ 18:10 Hypertension: Practice Guideline  
18:10 ~ 18:30 Dyslipidemia: Practice Guideline  
18:30 ~ 18:40 Coffee Break  
18:40 ~ 19:00 Complication and Foot  
19:00 ~ 20:00 Diabetes Self Management Skill  
Foot Exam using Monofilament  
Monitoring Injection Technique  
Medical Nutrition Therapy  
20:00 ~ 20:20 Oral Agent Stage  
20:20 ~ 20:40 Insulin Stage  
20:40 ~ 20:50 Summary and Evaluation  
20:50 ~ 20:50

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2002 8 2003  
2002 2004  
69 3,801

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## Peer Reviewer Commentary

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SDM . 가

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