

【Symposium 10-2】

Survival Strategies for Primary-Level Nephrology Specialists (Including Diabetes Care in Taiwan)

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In Taiwan's National Health Insurance (NHI) system, nephrology specialists can thrive by integrating diabetes care into their practice alongside kidney disease management, as the two are closely linked. Key strategies include:

1. Professional Development: Stay updated on CKD and diabetes guidelines (e.g., KDIGO, ADA standards), adopt NHI's digital tools, and collaborate with specialists in endocrinology and cardiology for holistic patient care.

2. Patient Management:

- CKD and Diabetes: Early detection of diabetic nephropathy through regular monitoring of blood sugar, HbA1c, and kidney function tests.
- Education: Teach patients the importance of blood sugar control, proper nutrition, and lifestyle changes to prevent or slow kidney disease progression.

3. Clinic Optimization:

- Utilize NHI programs for diabetes management (e.g., diabetes shared care networks) alongside CKD treatment to improve outcomes.
- Incorporate team-based care with dietitians and diabetes educators to streamline services.

4. Adaptation to NHI Policies: Leverage chronic disease reimbursement programs covering diabetes and CKD, and advocate for more integrative care models.

5. Sustainability: Manage workload by combining diabetes and CKD patient visits to optimize resources, expand out-of-pocket services (e.g., dietary counseling for diabetes and kidney disease), and address professional burnout.

Integrating diabetes care with nephrology services allows specialists to provide comprehensive care while addressing one of the leading causes of CKD, enhancing patient outcomes and operational efficiency.

