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Session Name : Nephrology Board Review Course 1

Session Topic : Nephrology Board Review Course 1

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Glycemic Targets and Monitoring in CKD: from A1c to CGM/Time-In-Range

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HbA1c often becomes unreliable in advanced chronic kidney disease (CKD) and end-stage kidney disease (ESKD) due to factors such as anemia, blood transfusions, and erythropoiesis-stimulating agents (ESAs). In this lecture, I will address the shifting paradigm in diabetic kidney disease management, moving from traditional HbA1c to Continuous Glucose Monitoring (CGM) and Time-in-Range (TIR) metrics. I will first review the clinical limitations of HbA1c and introduce the core standardized CGM metrics, including TIR, Time-Below-Range (TBR), and Coefficient of Variation (%CV). I will demonstrate how to interpret Ambulatory Glucose Profile (AGP) reports to make data actionable. Furthermore, I will share clinical evidence regarding the impact of TIR on mortality and complications, and discuss practical challenges in dialysis patients, including device accuracy (MARD), glucose fluctuations during hemodialysis, and the current Korean reimbursement landscape. Ultimately, I aim to illustrate how integrating CGM into standard nephrology practice, combined with structured education, can move us beyond a single A1c number toward safe, personalized, and nephroprotective glycemic targets.

Keywords: Continuous Glucose Monitoring (CGM), Time-in-Range (TIR), HbA1c, Chronic Kidney Disease (CKD), Glycemic variability