

## Abstract Submission No.: A-0555

### Diabetic nephropathy aggravation prevention program in the Ise city of Mie Prefecture, Japan

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**Objectives :** Diabetes and chronic kidney disease rank first and third in medical expenses in the Ise area, and from the perspective of reducing medical costs, the Ise City Hall has started a project to prevent the severity of diabetic nephropathy in the Ise area. The team members are a representative doctor from the Ise Medical Association, a nephrologist, a diabetes specialist, a diabetes specialist nurse, a registered dietitian, an Ise City Hall employee, and a public health nurse. This time we will report on the team's activities.

**Methods :** Those eligible for prevention of aggravation are those who have received the National Health Insurance specific health checkup and fall into any of the following categories: ① eGFR is less than 60 (ml/min/1.73m<sup>2</sup>) or urine protein is 1+ or more ② Patients who discontinued treatment with urine protein 2+ or more or eGFR less than 60 (ml/min/1.73m<sup>2</sup>) The city hall will check with those affected to see if they have visited a hospital, and those who have not yet been referred to a hospital will be advised to do so, and public health nurses will be providing health guidance.

**Results :** Patients are examined by their family doctor and receive nutritional guidance from a dietitian as needed. In addition, patients receive dialysis prevention guidance at specialized medical institutions on a regular basis, providing so-called cyclical collaborative medical care. Members of the prevention team review patient cases every month, grasp the patient's situation, and discuss treatment measures for nephropathy from the perspective of each specialist.

**Conclusions :** Diabetic nephropathy is a treatable disease, and doctors, medical staff, government agencies, patients, and the entire nation need to recognize that early detection and treatment are important.