

2-1 单元

糖尿病的诊断、分类以及表现

概述	过去人们一直认为糖尿病是一种单一的疾病。然而，如今人们已经意识到糖尿病是由多种机理引发的代谢异常疾病。并根据病原、病程以及临床特点对糖尿病进行了分类。
目的	让学员充分了解不同类型的糖代谢紊乱及其发病机理、临床特点以及诊断标准。
目标	<p>完成本单元以后，学员可以：</p> <ul style="list-style-type: none"> • 定义糖尿病 • 找出确诊糖尿病的实验室检测依据，以及如何利用这些检测结果（空腹血糖、餐后血糖、口服葡萄糖耐量实验） • 区分不同的糖代谢紊乱：糖耐量异常及空腹血糖异常、1型糖尿病、2型糖尿病以及其他特殊类型的糖尿病(如：MODY、LADA、类固醇性糖尿病)、妊娠糖尿病、童年期其他慢性疾病引发的糖尿病（如：囊性纤维性病变、血红蛋白病） • 区分1型糖尿病和2型糖尿病的临床表现、病人特征及发病机理 • 阐述遗传因素、环境因素以及免疫功能对引发1型糖尿病的影响 • 阐述遗传因素、环境因素以及免疫功对引发1型糖尿病的影响 • 阐述青少年患2型糖尿病的上升趋势 • 找出确诊糖尿病的实验室检测依据，以及如何利用这些检测结果（空腹血糖、餐后血糖、口服葡萄糖耐量实验） • 阐述可能影响实验室检测结果精确性的因素 • 讨论如何合理利用下列检测方法：C肽、胰岛素抗体、胰岛细胞抗体及GAD抗体检测、尿液分析（尿糖及尿酮）以及HbA1c检测 • 讲解世界卫生组织规定的不同类型的糖代谢紊乱的确诊标准 • 阐述糖尿病病程，包括最初的和第二期口服降糖药治疗失效
教学策略	案例分析、授课
建议学时	授课：1-2 小时 案例分析：1-2 小时
负责本单元教学的人员	糖尿病教育者、内分泌科医生

学习评价

顺利完成案例分析

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