

Application of Dialectical Thinking in Clinical Teaching of Type 2 Diabetes

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ABSTRACT. *By discussing the application of dialectical thinking method in the clinical diagnosis and treatment of diabetes mellitus, it is realized that mastering dialectical thinking method can better understand the internal characteristics of type 2 diabetes mellitus and play an important guiding role in the teaching of diabetes mellitus.*

KEYWORDS: *Type 2 diabetes; Dialectical thinking; Clinical teaching*

1. Introduction

With the continuous improvement of people's living standards, the incidence of diabetes is also increasing year by year. There are about 30 million diabetics in China, ranking the second in the world. How to better diagnose and treat diabetes has become the focus of current research. In daily teaching, students pay more and more attention to diabetes. This paper will discuss diabetes in the way of dialectical thinking, which may be helpful to understand diabetes from a new perspective and play an important role in clinical teaching.

2. A Correct Understanding of the Dialectical Relationship between Internal and External Causes of Diseases

External factors generally refer to the occurrence and development of diseases caused by various pathogenic factors (biological, physical and chemical, and social factors) in the external environment; internal factors are the internal factors of the body, generally referring to the low susceptibility of the body to pathogenic factors and the low immune defense function. Under the joint action of the two factors, the body can produce diseases. The occurrence of any disease is nothing more than the body defense mechanism. Of low or strong pathogenic factors. The onset of diabetes is the result of the interaction of internal and external factors. We know that the

incidence of type 2 diabetes is caused by many factors. Many studies have proved that type 2 diabetes has a strong genetic predisposition. But even if siblings share the same genetic predisposition, not all people are bound to develop type 2 diabetes. The reason is that external factors play an important role in the development of type 2 diabetes. External cause in type 2 diabetes refers to excessive food intake, and the reduction of physical activity leads to reduced consumption, a large number of calories converted into fat stored in the body. Therefore, type 2 diabetes can only be caused by internal and external factors. Only internal or external factors alone are not enough to produce type 2 diabetes. Clinically, we can occasionally see obese patients suspected of diabetes. However, the patients had no family history of diabetes. After OGTT test, it was found that the blood glucose and insulin release were normal, and diabetes could not be diagnosed. This shows that there is no genetic susceptibility gene related to diabetes in patients' genes, so even if the external cause is very strong, there is still no tendency to diabetes. So in clinical teaching, we can explain the characteristics of diabetes to students through the above case analysis[1].

3. Understanding Diseases from the Perspective of Development and Change

The objective material world is a whole of universal connection and eternal development, “connection” and “development” are the most general state of the world. The development of disease can not escape this basic law. Engels once said that “the recognition that all processes of nature are in a systematic connection promotes science to prove this systematic connection from individual parts and whole”. From the point of view of this connection, we can see that with the improvement of people's quality of life, the number of people with diabetes has increased significantly. It shows that the changes of people's living habits and diet structure play an important role in the pathogenesis of diabetes. In addition, with the continuous in-depth study of the pathogenesis of diabetes, the treatment of type 2 diabetes has also made new progress. The discovery of glucagon like peptide-1 (GLP-1) and its corresponding inhibitor dpp-IV made oral hypoglycemic drugs have new members. With the deepening of the understanding of diabetes and the continuous renewal of insulin and its analogues, the model of insulin treatment for type 2 diabetes has made a new breakthrough. From the use of oral medicine plus long-acting insulin, from twice a day to three times a day subcutaneous injection of novorax 30R, from four times a day intensive insulin treatment to 24-hour continuous insulin pump infusion treatment, new treatment concepts have been constantly launched. All of these reflect that we are further understanding and mastering the treatment of diabetes from the perspective of development and change. It is the emergence of these new findings and treatment ideas that people's understanding of type 2 diabetes has improved significantly. Therefore, in clinical teaching, we need to adopt a dialectical point of view to infiltrate the academic frontier into teaching[2].

4. Correctly Understand the Dialectical Relationship between the Part and the Whole

Lenin said: “to truly understand the object, we must grasp and study all aspects, all connections and” intermediary “. The human body is a unified whole, and any local damage is not isolated. Each damage may cause systemic reactions of different natures or different degrees. Therefore, when we treat diseases, we should not only focus on the local part of the disease, but also use the overall concept to formulate the treatment plan. The clinical manifestation of type 2 diabetes is the excellent embodiment of the relationship between the local and the whole body. We know that the harm of diabetes lies not in the rise of blood sugar, but in the occurrence of many blood vessels and other complications. Therefore, the treatment of diabetes not only needs to control blood sugar, but also needs to use the overall point of view to prevent or delay the occurrence and development of various complications. For example, diabetic nephropathy is one of the most serious and common chronic complications of diabetes, which has become the main cause of death in type 2 diabetes. Diabetes can damage the kidney in many ways and involve all structures of the kidney, from glomerulus and renal vessels to renal tubules and interstitium. If we only pay attention to the control of blood sugar in the treatment of such patients, then the treatment effect is unsatisfactory. We need to slow down the progression of diabetic nephropathy through comprehensive treatment such as lowering blood sugar, reducing blood pressure, reducing blood fat, reducing albuminuria and protecting kidney. Only through the comprehensive treatment of the body can we achieve good results. Therefore, in clinical teaching, when explaining the treatment of diabetes, it is necessary to form the concept of local and overall in the students' mind, so as to establish the concept of overall treatment of diabetes[3].

5. Dialectic Method of Seeing Essence through Phenomenon

Phenomenon is superficial, external, rich and changeable, which can be grasped by human senses, and its essence is internal, deep and stable, which can only be understood by human thinking. The same clinical manifestations can be caused by different reasons. As a clinician, he must have the ability to see the essence through the phenomenon, so as to find out the root of the disease and provide the basis for diagnosis and treatment. In the insulin treatment of type 2 diabetes, we often see the phenomenon of high blood sugar, most of which is due to the poor control of blood sugar, resulting in the continuous high level of blood sugar, and the need to increase the amount of insulin; however, part of it is due to the high blood sugar after hypoglycemia, which needs to reduce the amount of insulin. In the treatment, we can only take targeted treatment if we recognize the reasons behind hyperglycemia. If we blindly think that high blood sugar is caused by poor control of blood sugar, and we continue to strengthen hypoglycemic treatment, while the neglected hypoglycemia leads to rebound hyperglycemia, the therapeutic effect can only be that the intensity of hypoglycemia continues to increase, but the blood sugar is still at a high level, and even causes sudden severe hypoglycemia of patients, leading to life risk. Therefore, in the teaching of students, it should be emphasized that

clinicians should take the phenomenon as the guide, understand the internal causes of the disease through careful inquiry of the medical history, see the essence through the phenomenon, and widen the clinical thinking to grasp the fundamental problem of the disease[4-8].

6. Conclusion

Hippocrates once said that “medical experts must be philosophers at the same time”. Marxist philosophy provides methods to analyze and solve problems. When teaching type 2 diabetes, we need to use philosophy theory as guidance, so that students can better grasp the essence of diabetes. Some scholars have proposed that “whether the medical staff consciously use the scientific thinking method of materialistic dialectics to guide the medical practice activities, the effect is quite different.” The method of dialectical thinking can play an important role in the clinical diabetes teaching, so that students can better grasp the internal characteristics of type 2 diabetes. Therefore, as an endocrinologist, it is necessary to master the dialectical thought of Marxist philosophy, so as to use the dialectical thought in clinical teaching to explain the relevant knowledge of diabetes clearly and profoundly. Syndrome differentiation treatment of type 2 diabetes is not only convenient for clinicians to master the treatment principle, but also can not only improve the clinical symptoms, improve the quantity and quality of life of type 2 diabetes patients, delay and reduce the occurrence of complications. Due to the limited level, there are many places to be replaced in the classification. Please give me your advice.

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