

FACILITATING DISCUSSIONS WITH YOUR PATIENTS WITH DIABETES: Moving Forward

SHARE DIFFICULTIES WITH MANAGING YOUR DIABETES - YOUR HEALTH CARE TEAM CAN HELP

Conversation Tips

- Take your diabetes seriously.
- Tell me the things that are getting in the way of managing your diabetes.
- I am on your side and will support you in whatever way you need to manage your diabetes well.

USE A TEAM BASED APPROACH

YOU CAN'T DO THIS ALONE

Conversation Tips

- Work with your care team, family and friends.
- Use your diabetes care support team + community resources to help you.
- Diabetes Self-Management Education and Support (DSMES) works.

CREATE PERSONALIZED DIABETES CARE PLANS

Be a barrier buster!

CRITICAL CONVERSATIONS

For overcoming Therapeutic
Inertia in Type 2 Diabetes

THE NATURE OF TYPE 2 DIABETES IS TO CHANGE OVER TIME

Conversation Tips

- Diabetes is serious. The more seriously you take it the better you will do over the long-term.
- Your actions can make a big difference in how well you do.
- Meeting glycemic goals = fewer symptoms, better QOL & keeping complications at bay.
- Because your diabetes changes doesn't mean you have done something wrong.

SET SHARED A1C GOALS & TIMEFRAMES

YOUR TREATMENT PLAN WILL CHANGE OVER TIME

Conversation Tips

- Adding medications may be necessary.
- It is great that we have newer meds to help at each stage along your journey with diabetes.
- Adding new medications, including insulin, does NOT = failure.
- We will work together to find a treatment plan that works for you (thoughtful prescribing).

SCREEN FOR SOCIAL/ EMOTIONAL BARRIERS & PROVIDE SUPPORT

Conversation Essentials:

- Patient-centered → Identify barriers
- Shared decision-making → Present options and provide choices
- Motivational interviewing → Empower patients
- Involve family and supports
- Provide referrals and resources

Resources and Referrals



Resources for Nurse Practitioners

Assessment Tools

(Taken from the ADA's Overcoming Therapeutic Inertia website.)

- [PHQ-2, PHQ-9](#)
- [Diabetes Distress Scale](#)
- [Social Needs Screening Tool \(AAFP\)](#)

Provider Knowledge

- [ADA Standards of Care](#)
- [ADA Overcoming Therapeutic Inertia website](#)
- Formulary Coverage Tools ([Coverage Search App](#), [Fingertip Formulary](#), etc.)
- Pharmacology Tools ([Epocrates](#), [MPR](#), etc.)

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Referrals

- Diabetes Self-Management Education and Support (DSMES)
- Counseling
- Pharmacist
- Social Worker

Patient Resources

- Peer Networks and Support Groups
- [ADA](#)
- [Beyond Type 2](#)
- Apps: [Glucose Buddy](#), [mySugr](#), [Fooducate](#)