

# Practical Guidance for Healthcare Providers on Collaborating with People with Type 2 Diabetes: Advancing Treatment and Initiating Injectable Therapy

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## Connect with Your Patient's Emotional Needs and Help Them Overcome Diabetes Distress and Enhance Self-efficacy

### Identifying Diabetes Distress



Type 2 diabetes (T2D) is associated with an emotional burden related to the challenges of living with a chronic and progressive disease



Depression, which is distinct from diabetes distress, is also common and affects approximately **25%** of people with diabetes<sup>1</sup>



Depression makes people less likely to respond positively to recommended lifestyle changes and to be adherent and/or persistent with therapy

### 5 Tips on How to Connect with Your Patient

- 1 Introduce yourself and show a genuine caring attitude
- 2 Make sure your patient knows that their medical records have been reviewed
- 3 Let the patient communicate their story
- 4 Use active listening when the patient is talking
- 5 Be patient, building a connection will take time

## Use Shared Decision Making (SDM) to Identify Appropriate and Individualized Glycemic Targets and Reach Agreement on Treatment Changes



Use SDM to collaborate with the patient on an individualized diabetes plan



SDM can improve decisions, patient knowledge, and patient risk perception<sup>4</sup>



Acknowledge and address emotional needs of the person with T2D



SDM has been linked to better self-care, such as improved diet and foot care

## Deliver Appropriate Diabetes Education

People with T2D will benefit greatly from clear explanation of the goals/timing of therapy, their expected final dose, and how long it may take to reach it and how treatments work, using language tailored to their level of health literacy

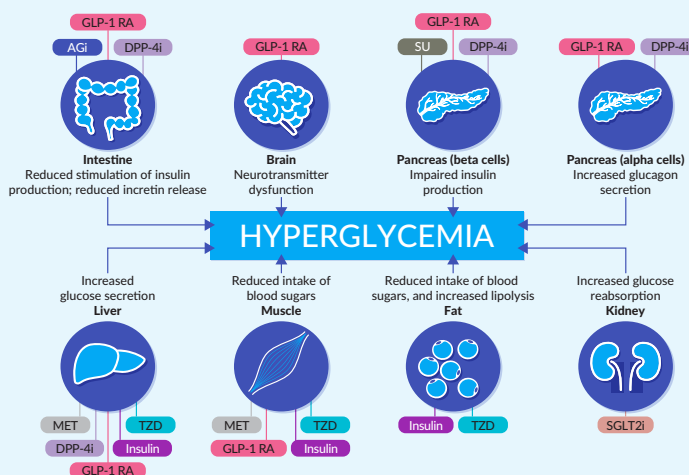
Two key messages to give to people with T2D:

1

T2D is progressive and involves many organs; therefore, multiple treatments will usually be needed and may need to be changed over time<sup>3</sup>

2

No matter how well a person manages their diabetes, T2D naturally worsens over time



## Helping Patients to Start Injectable Therapies

### Barriers to Therapy



HCPs perceive insulin therapy to be too complex for people to manage and are often reluctant to initiate injectable therapy

Some people with T2D may be reluctant to start insulin due to :

- ✗ Injection anxiety
- ✗ Misconception that insulin is linked to poor prognosis such as death or blindness
- ✗ Fear of hypoglycemia
- ✗ Blaming themselves for their diabetes getting worse
- ✗ Fear of weight gain



### 5 Tips to Address Barriers to Insulin Therapy

- 1 Explore anxieties related to insulin or injections and address these early in the course of T2D
- 2 Emphasize the positive aspects of insulin therapy
- 3 Offer guidance on dose adjustments – use the teach back method to explain how to titrate or make dose adjustments
- 4 Deliver instructions both verbally and in writing
- 5 Follow-up regularly and check adherence and persistence



Connect with your patient and address their emotional needs



Educate your patient to give them the knowledge and confidence to manage T2D effectively



Involve your patient in decision making to facilitate concordance and adherence



Ultimately, this can lead to increased patient engagement, more effective healthcare visits, and improved health outcomes