

# Facilitating Discussions With Your Patients About Intensifying Therapy for T2DM and Weight<sup>1-3</sup>

PeerView
Diabetes & Endocrinology

Educational programs, live event details, and other downloadable resources available at PeerView.com/T2D-TrainingCenter

# Encourage Patients to Share Difficulties – The Health Care Team Can Help

#### **Conversation Tips**

- · I take your diabetes seriously
- · Tell me what gets 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

### Patients Can't Do It Alone

#### **Conversation Tips**

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

# Create Personalized Diabetes Care Plans

# Act Now and Be a Barrier Buster!

Use these tips to overcome therapeutic inertia in T2DM and weight management

Screen for Social/Emotional Barriers and Provide Support

### The Nature of T2DM Is to Change Over Time

#### **Conversation Tips**

- Diabetes is serious. The more seriously you take it, the better you will do long-term
- Your actions can make a big difference
- Meeting glycemic goals equals fewer symptoms, better quality of life, and keeping complications at bay
- If your diabetes changes, it doesn't mean you have done something wrong

# Set Shared Goals for A1C, Weight, and Timeframe

### **Treatment Plans Will Change Over Time**

#### Conversation Tips

- Adding meds may be necessary
- Some medications for T2DM can also reduce weight
- It is great that we have newer meds to help at each stage along your journey with dishetes.
- Adding new medications, including insulin, does NOT equal failure
- We will work together to find a treatment plan that works for you (thoughtful prescribing)

# **Weight and Health Affect Each Other**

#### **Conversation Tips**

- · Diabetes, weight, high blood pressure, and high cholesterol are interrelated: what helps one often helps the others
- · Tell me what concerns you most about your weight
- · What is the most important outcome you would like to achieve with weight loss?
- · Tell me what stands in the way of achieving that outcome
- What frequency and type of follow-up would be most helpful?



## **Patient-Centered**

Identify barriers

### **Shared Decision-Making**

 Present options and provide choices

### **Motivational Interviewing**

• Empower patients

### **Involve Family and Supports**

• Provide referrals and resources