



# KNOW DIABETES BY HEART™

## Managing Cardiovascular Risk in People Living With Diabetes

Shared Decision-making Discussion Guide and Approaches for Developing a Successful Treatment Plan

#### **Building a Successful Treatment Plan**

A successful treatment plan is one that your patients will follow. This guide emphasizes developing a treatment plan with all patients with type 2 diabetes and their caregivers first to improve their chances of successfully starting and continuing guideline-directed management and therapy. During your discussion, include the patient's atherosclerotic cardiovascular disease (ASCVD) risk, lifestyle habits and modifications, the potential benefits of pharmacotherapy, and cost, and ask patients what treatment plan might work best for them.

The figure below outlines a recommended approach based on recommended guidelines (Figure 1).



**ASSESS** 





**ACKNOWLEDGE** 





ASSIST





#### **MAKE DECISION**





### REVIEW AND MONITOR PLAN

# Assess key patient characteristics, including current lifestyle, comorbidities, cultural and socioeconomic barriers

- Assess patient's other risk-enhancing factors, such as family history and metabolic syndrome
- Review patient's lifestyle habits (e.g., medication compliance, knowing their numbers [A1C, BP, ACE/ARB, and lipids], diet, exercise) or cultural needs
- Provide trustworthy information for ways to create a healthier lifestyle
- Use the ASCVD Risk Calculator to estimate 10-year ASCVD risk for patients aged 40-75 years

#### Consider specific factors that impact choice of treatment, including impact on weight, side effect profile of medication, compliance, and complexity of regimen

- Individualize A1C, BP, lipid and renal function targets based on the patient's person profile
- Ask about patient's preferences, and collaborate with them on treatment and follow-up plans

# Discuss the potential cost of therapy and and whether it will be affordable for patients

- Consider patient's insurance plan coverage, tier level, and co-payment
- Determine any issues with access, cost and availability of medication

#### Agree on what's important for the individual and use shared decision making to create a management plan

- Involve patient and their family/caregiver in decisionmaking and goal setting
- Seek and consider patient preferences
- Provide referral to diabetes selfmanagement education services (DSMES) and medical nutrition therapy (MNT)—classes available in Spanish

### Agree on management plan and specify SMART goals

- Review management plan and ensure it can be implemented in a timely fashion
- If patient is not meeting his/her goals, individual should be seen every 3 months and treatment should be adjusted
- Follow up on other needed services (mental health assessment, medical nutrition therapy, diabetes education, etc.) and refer to local resources
- To facilitate the coordination of the treatment plan with other providers, provide a summary sheet of treatment changes, and/or encourage the patient to share this guide with their primary care provider or specialists managing their CVD and diabetes care.

Figure 1. Assess and Discuss to Develop a Shared Treatment Plan



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### **Discussion Guide for Provider and Patient**

#### **Working with Your Healthcare Provider**

Your healthcare provider is here to help you reach your health goals to reduce your risk for cardiovascular disease. Work closely with your health care provider to make the best decisions for you, and then stick to the plan. Making decisions together is the best way to create a treatment plan that you'll follow. Take part in making decisions about your health together. If you don't understand something, ask for clarification.

uestions for my doctor:

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### **Discussion Guide for Provider and Patient**

Share this Discussion Guide with other health care providers who are managing your diabetes treatment plan.

Here's a helpful checklist that you and your healthcare provider should go through to determine your risk and the best treatment options for you.

Assess Your Risk	Medications
Your provider has shared that your 10-year risk of having a heart attack or stroke is:	Certain medications might be helpful to reduce your risk for heart disease or stroke.
Discuss lifestyle changes  (e.g., medication compliance, BP/cholesterol, diet, exercise) that you can work on.	Do you have difficulty taking your medications regularly?
Goals I Need to Work Toward	
☐ Physical Activity:	
☐ Weight Loss:	
☐ Foods that I eat:	
Quit Smoking:	
Other:	



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### **Discussion Guide for Provider and Patient (Continued)**

### **Follow Up Appointments**

Diabetes Education:	
Other:	

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