

#### 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 shared decision treatment plan is one that the people you see are mutually agreed upon. This guide explains how to develop a treatment plan with people with type 2 diabetes, their caregivers and other members of their diabetes care team, to help them start and maintain a successful plan. During your discussion, include the person's atherosclerotic cardiovascular disease (ASCVD) risk, current lifestyle habits and possible modifications, the potential use and cost of pharmacotherapy and what treatment goals they have to be sure you are developing a plan that will 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



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Assess key characteristics, current lifestyle, comorbidities, cultural considerations and socioeconomic barriers

- What other risk-enhancing factors apply to the person? (e.g., family history, metabolic syndrome).
- What is the person's lifestyle habits or cultural beliefs? (e.g., medication usage, diet, exercise).
- Use the ASCVD Risk Calculator to estimate 10-year ASCVD risk for people aged 40-75 years.
- Use the PREVENT<sup>™</sup> online calculator that provides 10-year risk estimates for people aged 30-79 years.



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

- Are the A1C, blood pressure, lipid and renal function targets based on their personal profile?
- What are the person's preferences? Collaborate with them on treatment and follow-up plans.

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

- Does the person have insurance coverage?
   Can the person afford their co-payment and medications?
- Consider any issues with access, cost and availability of medication when developing their treatment plan.

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

- Remember the person's preference. Involve the person and their caregiver in decision-making and goal setting.
- Provide referral to diabetes self-management education and support (DSMES) and medical nutrition therapy (MNT)—classes available in English or Spanish and mental health resources, if appropriate.

#### Agree on a treatment plan and specify SMART goals

- Review the treatment plan you developed together and ensure it can be implemented in a timely fashion.
- If the person is not meeting their goals, see them every 3 months and adjust the plan as needed.
- Follow up on other referrals (DSMES, mental health resources, Medical Nutrition Therapy (MNT), diabetes education, etc.) and refer to local resources.
- To facilitate the coordination of the treatment plan with the rest of their diabetes care team, provide a summary sheet with treatment changes, and/or encourage the person to share this guide with the rest of their team, including their primary care provider or specialists managing their cardiovascular disease (CVD) and diabetes care.



#### Talking with a Health Care Professional:

### Understanding My Type 2 Diabetes Risk

Bring this sheet to your appointment and discuss the following questions.

Your Health Targets	Your Risk for Heart Attack or Stroke	What steps should I take to create an eating plan?
What should my A1C goal be?	Am I at risk of heart attack or stroke?	What should I be doing to stay physically active (what type how often and how long)?
What should my blood glucose (blood sugar) goal be?	If yes, what else contributes to my risk?	What can I do to stop drinking and smoking/using nicotine
	What can I do to prevent a heart attack or stroke?	
What other numbers from my blood work should we review together?		How much sleep should I get every night?
	Is this something I should be concerned about now?	What can I do to reduce my stress?
How often should I have my numbers checked (A1C, blood pressure, UACR, eGFR, cholesterol, BMI)?		Is there anything else I can do or resources I can use that would help manage my diabetes?
	Managing Diabetes	
	Ask about lifestyle changes and goals that could lower your risk for other complications of type 2 diabetes.	Do I need a referral for a diabetes self-management education and support (DSMES) program?
	Do I need to lose weight, and if so, how much?	
		Next appointment date:



#### Talking with a Health Care Professional:

## **Type 2 Diabetes Medications**

Bring this sheet to your appointment and discuss the following questions.

Medications		Other Topics or Changes
Do you think medications will be right or helpful for me?	What if my medication is not available at the pharmacy or what if I run out? Who do I contact?	Do we need to discuss anything else or change anything els about my treatment plan??
How long will I need to take my medication(s)?	What are the side effects of the medication(s) I'm taking?	Next appointment date:
How will we know if my medication(s) are working?	Are there food, dietary/herbal supplements, or other medications I should avoid when taking my prescribed medication(s)?	
Will the medication(s) be enough to lower my risk for complications?		
	How can I learn more about my medication(s)?  ———————————————————————————————————	
	Are there any cost-assistance programs available for my medication(s)? (If cost is a concern.)	



## **Medication Chart**

Name	Date
Traine	

Include all medicines prescribed by any health care professional and any supplements that you are taking on a daily and as needed basis.

Name of Medication	Color	What's It For	Dose	How Often and What Time	Prescribing Doctor	Pharmacy Number	Special Instructions	Refill Date
Example: Lisinopril	pink	heart failure	1 pill (5mg)	once a day	Dr. Jones	650-555-1234	take before or after a meal	5/1/22

Allergies to	medicine	and food
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