

### 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).

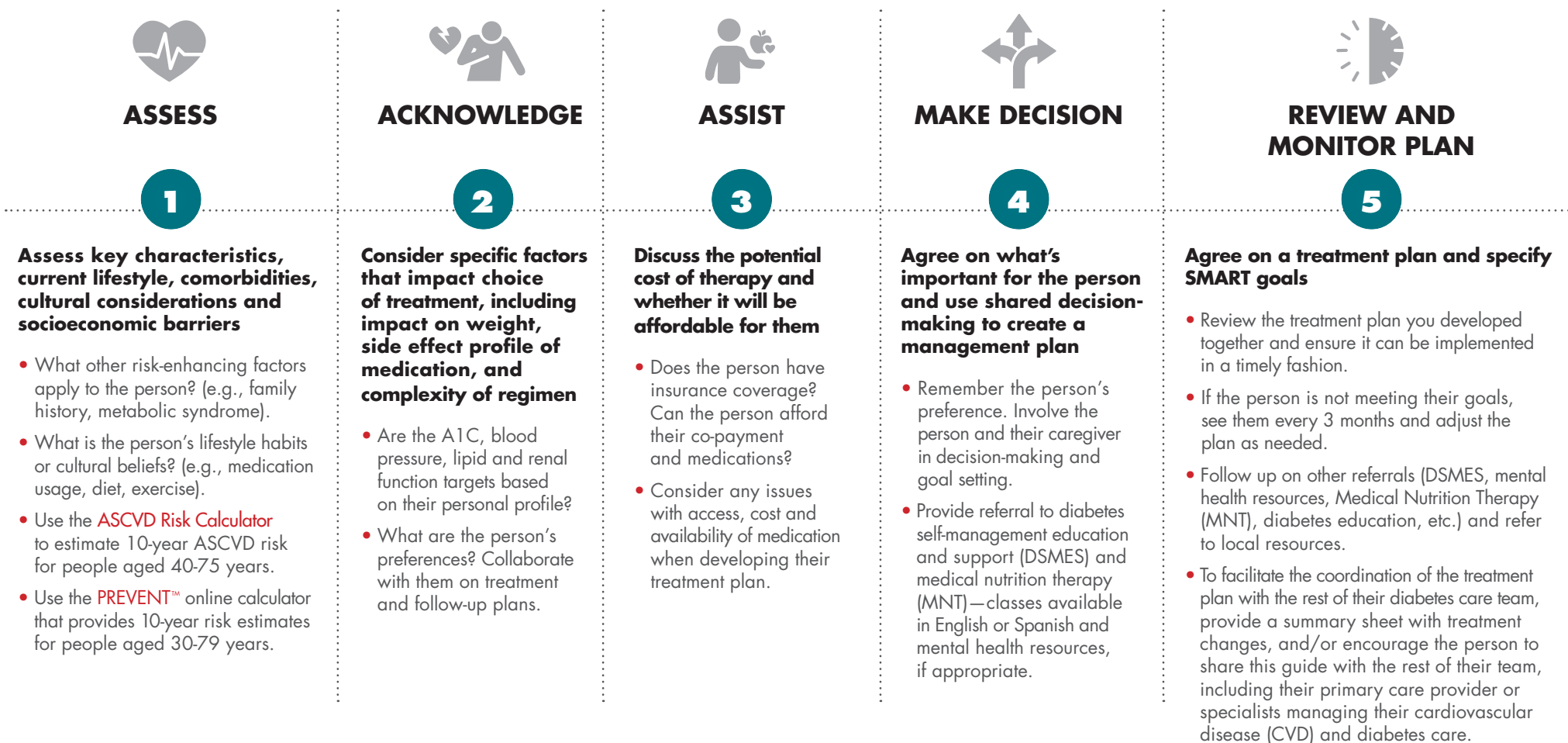


Figure 1. Assess and Discuss to Develop a Shared Treatment Plan

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

- What should my A1C goal be?  
\_\_\_\_\_  
\_\_\_\_\_
- What should my blood glucose (blood sugar) goal be?  
\_\_\_\_\_  
\_\_\_\_\_
- What other numbers from my blood work should we review together?  
\_\_\_\_\_  
\_\_\_\_\_
- How often should I have my numbers checked (A1C, blood pressure, UACR, eGFR, cholesterol, BMI)?  
\_\_\_\_\_  
\_\_\_\_\_



## Your Risk for Heart Attack or Stroke

- Am I at risk of heart attack or stroke?  
\_\_\_\_\_  
\_\_\_\_\_
- If yes, what else contributes to my risk?  
\_\_\_\_\_  
\_\_\_\_\_
- What can I do to prevent a heart attack or stroke?  
\_\_\_\_\_  
\_\_\_\_\_
- Is this something I should be concerned about now?  
\_\_\_\_\_  
\_\_\_\_\_



## Managing Diabetes

Ask about lifestyle changes and goals that could lower your risk for other complications of type 2 diabetes.

- Do I need to lose weight, and if so, how much?  
\_\_\_\_\_  
\_\_\_\_\_

- What steps should I take to create an eating plan?  
\_\_\_\_\_  
\_\_\_\_\_
- What should I be doing to stay physically active (what types, how often and how long)?  
\_\_\_\_\_  
\_\_\_\_\_
- What can I do to stop drinking and smoking/using nicotine?  
\_\_\_\_\_  
\_\_\_\_\_
- How much sleep should I get every night?  
\_\_\_\_\_  
\_\_\_\_\_
- What can I do to reduce my stress?  
\_\_\_\_\_  
\_\_\_\_\_
- Is there anything else I can do or resources I can use that would help manage my diabetes?  
\_\_\_\_\_  
\_\_\_\_\_
- Do I need a referral for a diabetes self-management education and support (DSMES) program?  
\_\_\_\_\_  
\_\_\_\_\_

**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

- Do you think medications will be right or helpful for me?

---

---

---

- How long will I need to take my medication(s)?

---

---

---

- How will we know if my medication(s) are working?

---

---

---

- Will the medication(s) be enough to lower my risk for complications?

---

---

---

- What if my medication is not available at the pharmacy or what if I run out? Who do I contact?

---

---

---

- What are the side effects of the medication(s) I'm taking?

---

---

---

- Are there food, dietary/herbal supplements, or other medications I should avoid when taking my prescribed medication(s)?

---

---

---

- 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.)

---

---

---



## Other Topics or Changes

- Do we need to discuss anything else or change anything else about my treatment plan??

---

---

---

**Next appointment date:** \_\_\_\_\_

