Shared Decision-Making Algorithm

**Shared Decision-Making With the Patient with Diabetes**

**Key for MMT 5 S or SHARE D DeCIsioN MAKinG**

- **ASK**
  - Patient centered approach
  - Motivational interviewing
  - Prioritize
  - Help patient focus on their needs
  - **ASSIST**
    - Assess the capacity of the decision-making process
    - Address Patient and Provider barriers
  - **ADVISE**
    - What is the evidence?
    - Plan communication
    - Agree on what’s important for the individual
    - Share values, power, expectations
  - **MAKEx**
    - Provide tools to help weigh the options
    - Promote input from others
    - **Create Decision**
      - if ready, make the choice
      - **eVALUAtE**
        - evaluate the process
        - re-assess the decision if there are concerns

**Shared Decision-Making Algorithm**

**STEP 1**
- Evaluate the process
- Re-evaluate the decision

**STEP 2**
- Identify routines to Shared Decision-Making
- Educate patient & family
- Present the options: what are my choices?

**STEP 3**
- Prioritize problems
- Agree on criteria for making the decision
- Choose criterion (experience & expectations)

**STEP 4**
- Make choice (decision)
- Evaluate the process (satisfaction & expectations)

**STEP 5**
- Address barriers
- Prioritize problems
- Agree on criteria for making the decision

**STEP 6**
- Make choice (decision)
- Evaluate the process (satisfaction & expectations)

**STEP 7**
- Make decision (focus)
- Weigh benefit & risk
- Evaluate the process (satisfaction & expectations)

**STEP 8**
- Make decision (capacity)
- Weigh benefit & risk
- Evaluate the process (satisfaction & expectations)

**OVERCOMING BARRIERS**

**PRACTICAL CONSIDERATIONS**

**Barrier**
- **Language**
- **Health Literacy & Numeracy**
- **Perceptual/ sight, hearing**
- **Cultural/religious consideration**
- **Cognitive limitations**
- **Decision making style**
- **Benefits & values**
- **Knowledge gaps**
- **Transmission distance (physical)**

**Solution**
- **Interpretative services**
- Use plain language
- Assistive devices
- Identify cultural barriers
- Inclusive environments
- Establish roles & preferences
- Ensure cultural competency
- Identify & treat depression
- Attention to environment
- Real-time education, homework, referral
**Table 6-10: The 7-Step Approach for Setting AIc Target**

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Identify the patient’s glycemic target based on the patient’s risk profile and goals.</td>
</tr>
<tr>
<td>2.</td>
<td>Set a target range instead of an exact numerical goal to avoid inappropriate intensification of therapy as AIc reaches goal.</td>
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<tr>
<td>3.</td>
<td>Evaluate the individual’s comorbidities, such as chronic kidney disease, severe cardiovascular disease, and severe mental illness.</td>
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<tr>
<td>4.</td>
<td>Consider the patient’s ability to take medication and the potential for hypoglycemia.</td>
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<tr>
<td>5.</td>
<td>Set a target range instead of an exact numerical goal to avoid inappropriate intensification of therapy as AIc reaches goal.</td>
</tr>
<tr>
<td>6.</td>
<td>Adjust the target range to reflect the patient’s risk profile and goals.</td>
</tr>
<tr>
<td>7.</td>
<td>Monitor the patient’s progress and adjust the treatment plan as needed.</td>
</tr>
</tbody>
</table>

**Figure 6-1: Stratified Risk**

- **Low Risk:** No diabetes, recent weight loss, or moderate exercise.
- **Medium Risk:** Type 2 diabetes, recent weight loss, or moderate exercise.
- **High Risk:** Type 2 diabetes, recent weight loss, or severe exercise.

**Figure 6-2: A1c vs. Blood Pressure (BP)**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-3: Hypoglycemia**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-4: Cardiovascular Disease**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-5: Stroke**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-6: Diabetic Retinopathy**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-7: Microalbuminuria**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-8: Macrovascular Disease**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-9: Lowering Blood Pressure**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-10: Statin Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-11: Metformin Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-12: Sulfonylurea Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-13: Insulin Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-14: Polypharmacy Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-15: Hypoglycemia Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-16: Cardiovascular Disease Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-17: Stroke Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-18: Diabetic Retinopathy Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-19: Microalbuminuria Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-20: Macrovascular Disease Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-21: Lowering Blood Pressure**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-22: Statin Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-23: Metformin Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-24: Sulfonylurea Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-25: Insulin Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-26: Polypharmacy Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-27: Hypoglycemia Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-28: Cardiovascular Disease Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-29: Stroke Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-30: Diabetic Retinopathy Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-31: Microalbuminuria Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-32: Macrovascular Disease Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-33: Lowering Blood Pressure**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-34: Statin Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-35: Metformin Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-36: Sulfonylurea Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-37: Insulin Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-38: Polypharmacy Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-39: Hypoglycemia Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-40: Cardiovascular Disease Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg

**Figure 6-41: Stroke Treatment**

- **A1c:** 7% - 8%
- **BP:** 130/80 mmHg