

## Guide to using Shared Decision Making when treating Patients with Type 2 Diabetes

**Table 1**

Major Comorbidity or Physiologic Age	Microvascular Disease
Significant cardiovascular disease	<b>Absent or Mild</b>
Severe chronic kidney disease	Early retinopathy
Severe COPD	Microalbuminuria (<30mg/dL)
Severe chronic liver disease	Mild neuropathy
Life threatening cancer	<b>Moderate</b>
Recent stroke	Pre-proliferative retinopathy
<b>OR</b>	Sensory loss
Physiologic age with life expectancy:	Macroalbuminuria (fixed proteinuria(>300 mg/dL)
Greater than 10 years	<b>Advanced</b>
5 – 10 years	Retinopathy with hemorrhage
Less than 5 years	Proliferative retinopathy
	Creatinine > 2.0
	Insensate extremities
	Autonomic neuropathy

Categorize the patient using critical factors:

1. Identify any of the major comorbid conditions as: absent, present, or marked
2. Plot major comorbid condition against microvascular complications

Doing so will give you an evidence-based A1c target to recommend to your patient

Recommend the A1c target to the patient

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**Table 2**

Major comorbidity <sup>a</sup> or physiologic age	Microvascular complications		
	Absent or mild <sup>b</sup>	Moderate <sup>c</sup>	Advanced <sup>d</sup>
Absent > 10 years of life expectancy	< 7	< 8	8-9 <sup>e</sup>
Present <sup>f</sup> 5-10 years of life expectancy	< 8	< 8	8-9 <sup>e</sup>
Marked <sup>g</sup> < 5 years of life expectancy	8-9 <sup>e</sup>	8-9 <sup>e</sup>	8-9 <sup>e</sup>

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Discuss the recommended A1c target and ask the patient about factors specific to them

Use framework and patient preferences to collaborate with patient / family for best management option

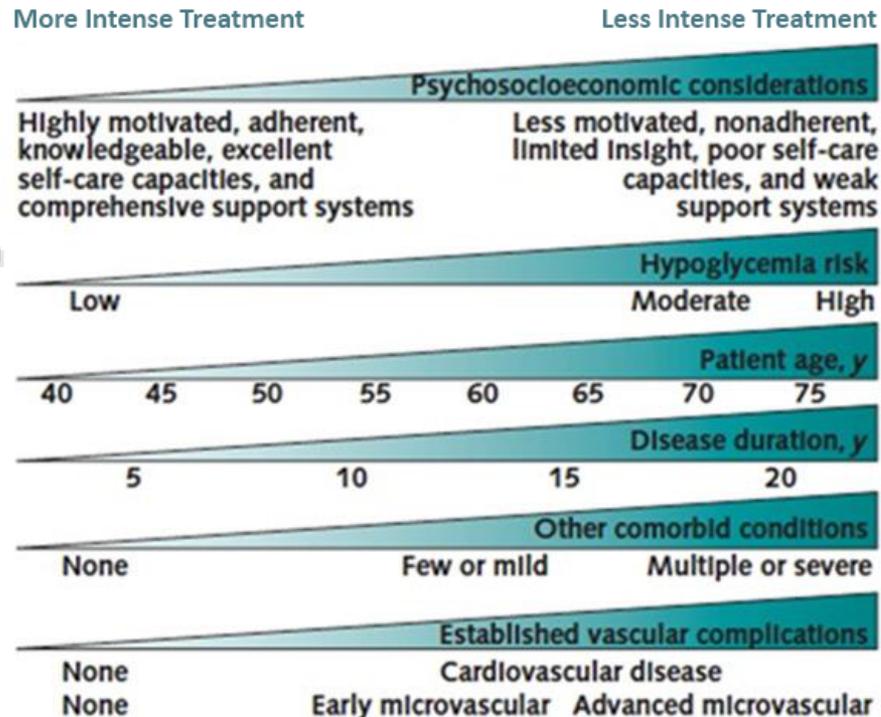
Patients and caregivers may accept your recommendations OR choose a less or more intensive strategy.

The objective of SDM is to partner with the Veteran for safe and effective care, always allowing them to change their goals.

### Patient Factors to Consider

- Motivation
- Adherence
- Ability to care for themselves
- Their support system
- Risk/fear of hypoglycemia
- Economic factors

### Framework to assist in determining glycemic treatment targets in patients with type 2 diabetes.



Sources: 1. *Federal Practitioner*; April 2011; 39-44  
 2. *Ann Intern Med*. 2011; 154:554-559  
 3. *Journal of General Internal Medicine*. 2011; 27(2):238-240