

Incorporating Shared Decision Making (SDM) to improve adoption of Connected Insulin Pens (CIP)

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Background: CIP can improve glycemic control and quality of life for people with diabetes on multiple daily injections (MDI). Despite its benefits, providers may suboptimally prescribe CIP due to lack of awareness of patient interest. The purpose of this study is to use QI methods to successfully implement a validated attitude assessment to foster SDM conversations around CIP.

Method: The T1D Exchange recruited seven diabetes centers to participate in this project from June – November 2022. The centers applied QI principles to implement the Diabetes Technology Attitude (DTA) questionnaire, a validated tool to facilitate SDM conversations. Positive responses prompted discussion about CIP. Each center analyzed their data from a sample of people with Type 1 Diabetes (T1D) and Insulin-dependent Type 2 (T2D) that responded to the DTA.

Result: Eighty-eight people with diabetes on MDI and CGM but CIP naive completed the SDM tool. Over 70% of both T1D and T2D patients agreed that diabetes technology made their lives easier, does 'more good than bad,' and that they feel lucky to live in a time with so much technology (Figure 1). Sixty-nine percent of the cohort were prescribed CIP as a result of intentional SDM conversations based on the DTA results.

Conclusion: Validated SDM tools, such as DTA, can be a viable, low burden strategy to introduce conversations on the use of diabetes technology like CIP in clinical practice.

