



American Heart Association®

Outpace CVD

## Overcoming Patient Reluctance to Medications

This guide was created to provide resources to assist health care organizations in overcoming barriers to prescribing medications for diabetes according to current treatment guidelines. This guide provides resources targeted for clinician and patient use and is broken down according to the intended audience. This guide provides useful ways for health care professionals to initiate conversations with their patients about using guideline recommended therapies.

**For clinicians:** Use these resources to assist in making treatment decisions for your patients. Work through issues your patients may be having with taking their medications as prescribed.

**Medication Prescribing:** Use the tools below to guide in making evidence-based treatment decisions. Help patients stick to prescribed treatment plans.



**How to:** Implement a medication adherence program



**Toolkit:** Patient Engagement Toolkit for self-assessments and care management plans



**Webinar:** Understanding cost considerations and other health disparities



**Guide:** Stay up to date on current recommendations with the *ADA 2023 Treatment Guidelines*



**Guide:** Facilitate meaningful conversations with the shared decision-making guide

**Motivational Interviewing:** Motivational interviewing is the cornerstone of patient centered care. Use the below webinars to learn how you can apply these skills to your practice and help patients make decisions about their medications.



**Webinar:** Foundations of motivational interviewing



**CME Course:** Lifestyle modification and motivational interviewing



**For patients:** These resources can be given to patients to better understand reasons for prescribing medications and can help facilitate conversations with health care professionals. These resources empower patients to have important conversations with their health care professionals about medications that they are taking.

**Addressing patient concerns:** Patients may have many concerns about adding medications to their treatment plan. These resources can be given to patients to help them address their concerns and get more information from health care professionals. It is important to overall diabetes management that patients feel empowered to participate in their care and management of diabetes.



**Guide:** Help patients understand the medications they are taking



**Medicine Chart:** Keep track of medications



**Guide:** Use the shared decision guide to help patients express their concerns



**Support System:** Patients have better medication adherence when they have support



**Guide:** Understanding your medications



**Guide:** Support for patients using Diabetes Self-Management Education and Support



**Guide:** Help patients understand how recommended medications work their potential side effects

**GLP Receptor Agonists:** These medications are a preferred drug class for patients with ASCVD or high risk per the 2023 ADA treatment guidelines. As these medications are more widely used, patients may have some concerns about using them. These resources address concerns patients might have such as how the medications work, common side effects, and how to inject the medications properly.



**Video:** Share this video with patients to help them understand GLP-1 RA medications



**Guide:** How to understand GLP-1 RA medications



**Guide:** How to properly use GLP-1 RA medications