



Meritus Health

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**Meritus
Health**

**Diabetes Update
November 19, 2020**

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Learning Objectives

1. Discuss the use of GLP-1's in managing diabetes.
 2. Discuss one of the new technologies related to managing diabetes.
 3. List one way to increase medication adherence for the person with diabetes.
 4. Discuss cost saving ideas for medications for patients with diabetes.
 5. List one valuable community resource for a person living with diabetes
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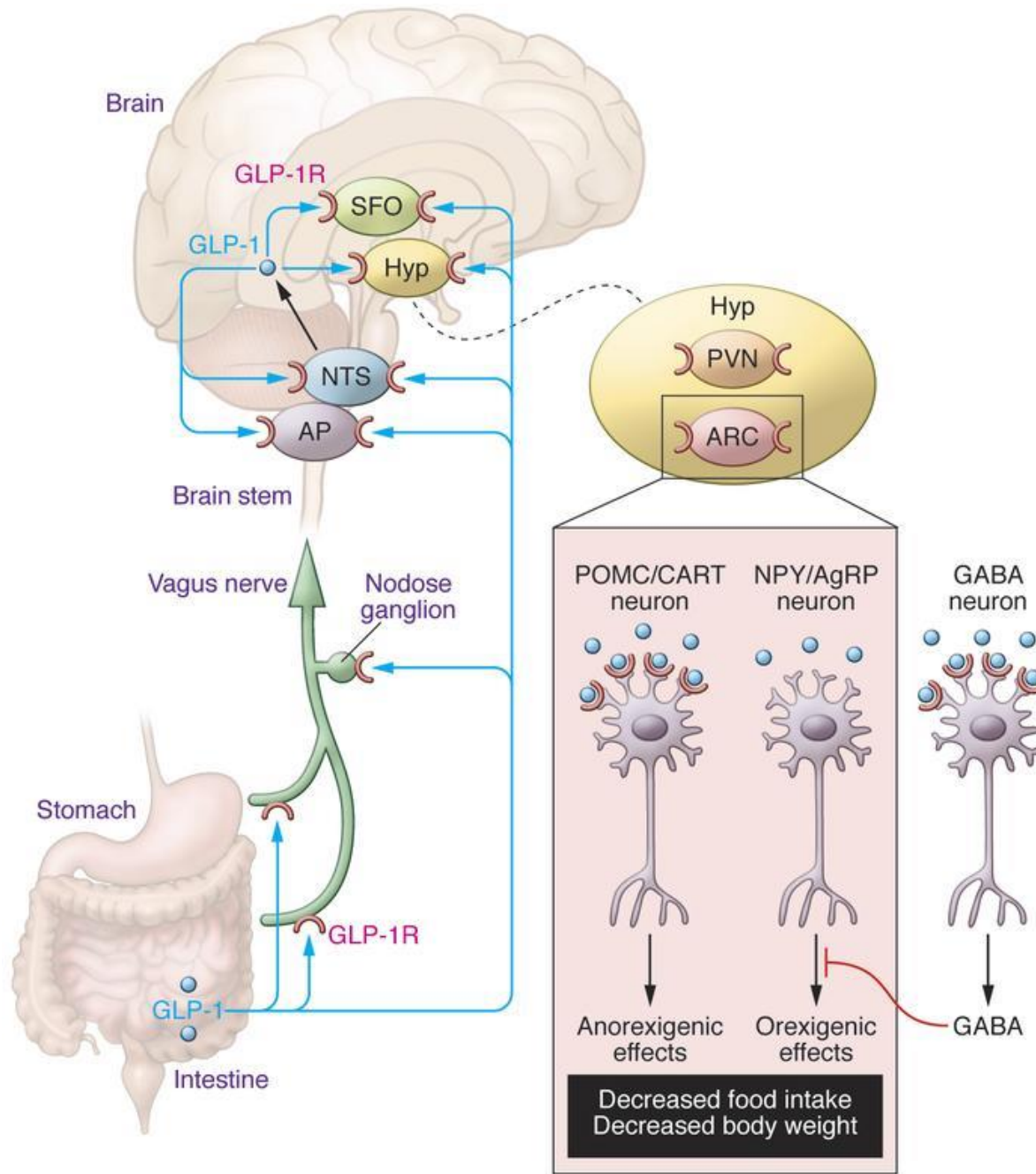
GLP-1

Newest class of Diabetes medications

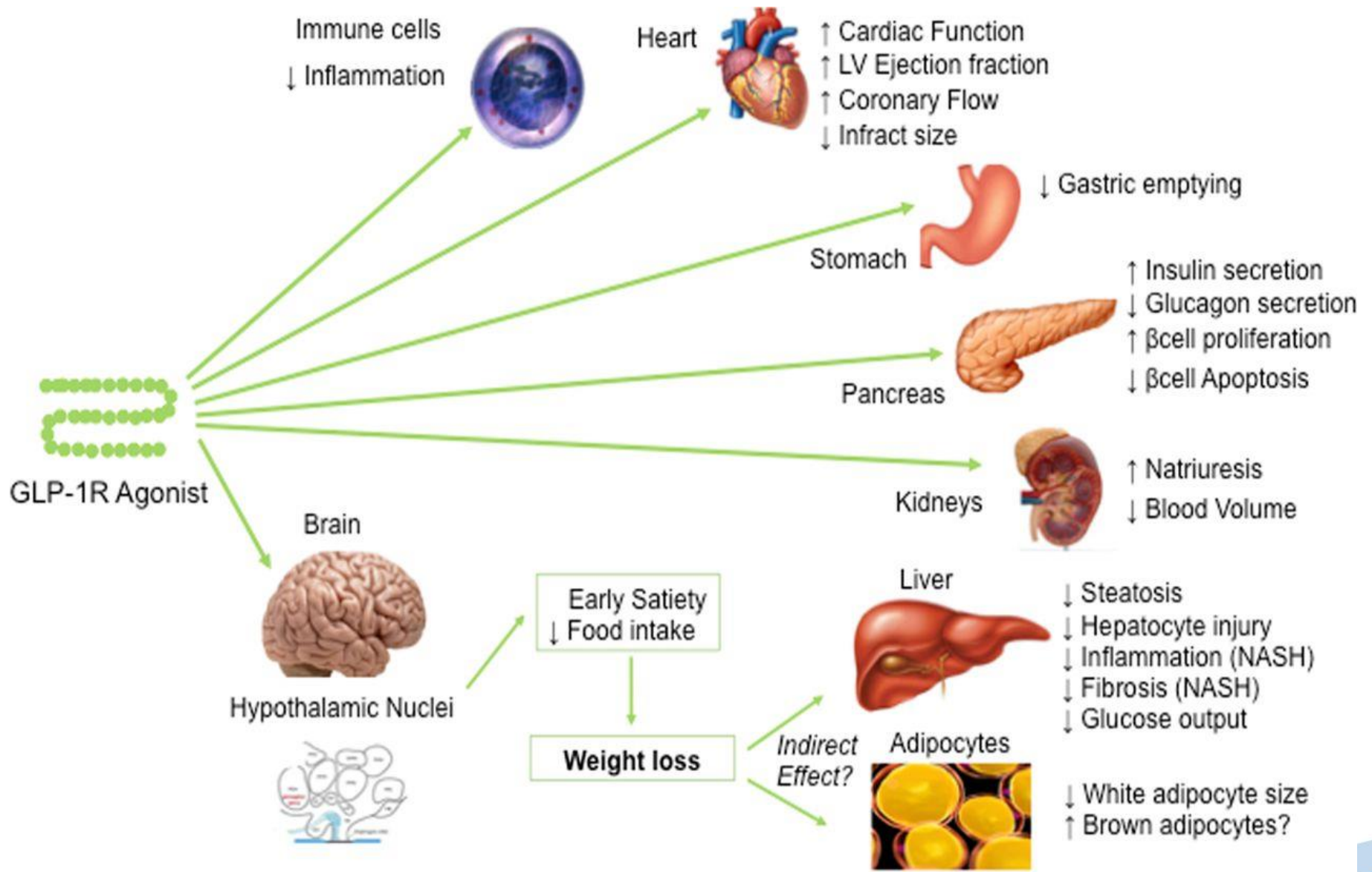


Manmade GLP-1 receptor agonists are a class of medications that copy the actions of naturally occurring GLP-1. These drugs not only replace lost GLP-1, but also provide amplified effects.






Decreased food intake
Decreased body weight



Common GLP-1 Medications

1. Dulaglutide (Trulicity), taken by injection weekly
 2. Exenatide extended release (Bydureon), weekly
 3. Exenatide (Byetta), injection, twice daily
 4. Semaglutide (Ozempic), injection, weekly
 5. Semaglutide (Rybelsus), taken by mouth once daily
 6. Liraglutide (Victoza), injection, daily
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Rybelsus (semaglutide)

September 2019



The FDA approved Rybelsus (semaglutide), the first oral GLP-1 analog treatment available for adults with T2D (NovoNordisk); the pill form offers an alternative GLP-1 analog treatment for patients who would prefer not to use an injectable medication.

Some of the more common side effects include:

Nausea

Vomiting

Diarrhea

Prevention: start a low dose and stay on that dose for a month, eat small frequent meals, chew food extra well, avoid fried fatty foods

New Technology

Continuous Glucose Monitors (CGM)

- FreeStyle Libre
- FreeStyle Libre2



Free Style Libre



Dexcom



Eversense

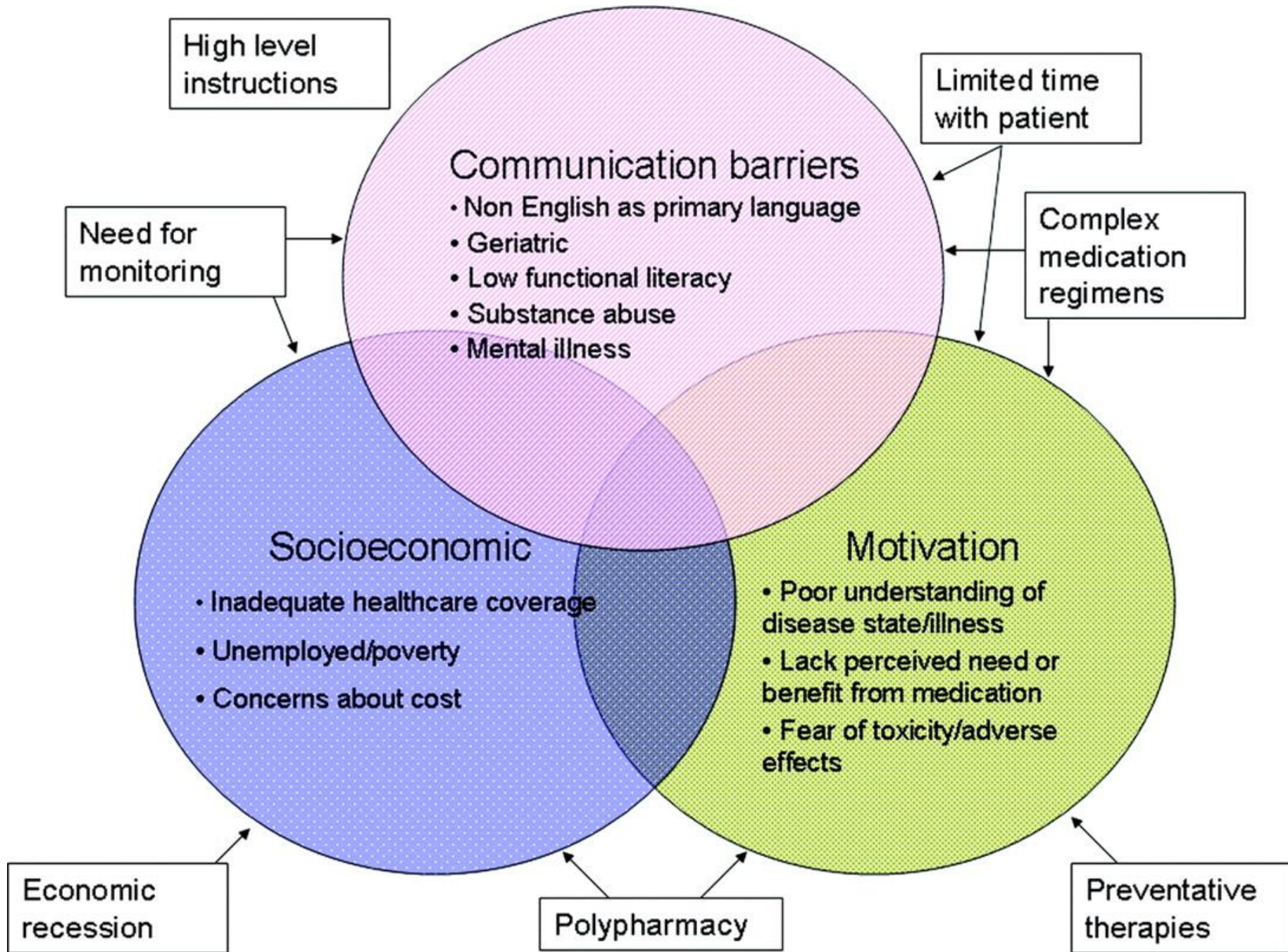


Medication Adherence

Improving our Patient's Health Outcomes

It's not just *IF*
a patient is
non-adherent,
but *WHY*






Patient Knowledge

- Utilize motivational interviewing (<https://spectrum.diabetesjournals.org/content/19/1/5>)
- Ask patients what they know and fill in knowledge gaps
- Discuss medication effect onset (e.g., peak effect of pioglitazone is several weeks)
- Use the teach back method (<https://www.aafp.org/fpm/2018/0700/p20.html>)
- Provide clear, written instructions (e.g., use visual aids-such as pill cards, pill organizer, prefilled pill packets)


Financial Burden

- Review insurance formularies (Fingertip Formulary:
<https://lookup.decisionresourcesgroup.com>)
- Use free or low-cost medications (e.g., Walmart sells insulin [R, N, 70/30] for ~\$25)
- Apply for patient assistance programs (<https://www.needymeds.org/pap>)
- Utilize 90-day medication supplies to reduce copay

Behavioral Modifications

- Coordinate with daily activities (e.g., placing medications next to coffee maker)
 - Send text message reminders (e.g., OnTimeRx, RememberItNow)
 - Download phone applications (e.g., Care4Today, Medisafe, Mango Health)
 - Ask about pharmacy-generated refill reminders or phone calls
 - Provide written reminders for prescriptions sent electronically
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Resources for Staying Current

- American Diabetes Association
www.diabetes.org
 - American Association of Diabetes Educators
www.diabeteseducator.org
 - Diabetes Education Services
www.diabetesed.net
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Meritus Diabetes Resources

- Diabetes Care Specialist for In-patient
- Meritus Diabetes Education Center at Robinwood
- Outpatient Care Management – Diabetes Educators in Meritus Practices
- Registered Dietitian- Robinwood Endocrinology office



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