

## DIABETES

### 5 As Model of Behavior Change:

- Assess : bio-psycho-social factors with focus on modifiable factors
  - Physical factors: include current labs, best labs, worst labs
  - Emotional/Cognitive:
    - Depression – greater risk of depression
      - Interferes with self-management (decrease physical activity, social isolation)
      - Independent risk factor for diabetes
    - Anxiety
    - Stress
  - Behavioral factors:
    - Blood glucose monitoring
    - Diet
    - Physical activity
    - Medication adherence
    - Tobacco/alcohol use
    - Monitor feet, eyes, renal function – multiple Dr appointments
    - Environment:
  - Environment: How can it be modified? Include family members
    - Social support
    - Job flexibility/finances
    - Access to healthy food choices
  - Goals for change –desired outcomes
- Advise
  - Validate multiple challenges
  - Empower, promote self-efficacy, what was different when under better control?
  - Review various options within patient’s control
- Agree
  - Collaboratively set specific goals – focus on patient preference
  - Utilize motivational interviewing
  - Set SMART goals that patient is confident and interested in completing (BAP)
- Assist
  - Address depression, anxiety, stress – (e.g., behavioral activation, scheduling pleasant events, relaxation/mindfulness techniques, problem solving therapy, brief CBT)
  - Strategies for effective behavioral change
  - Build communication skills
  - Interventions with primary support system – increase social support
  - Use of community and diabetes support
  - Diabetes education
    - Log for blood sugar monitoring – including barriers and solutions
    - Strategies to manage high and low blood sugars
    - Physical activity and precautions/limitations
    - Diet strategies
- Arrange
  - Coordinate and link patient to additional resources
    - Psychotropic medication/psychotherapy
    - Dietician
    - Diabetes education
    - Support services/organizations
  - Follow-up and monitor