

CarePath | Healthy Engagements

**HELPING RESHAPE
SHARED DECISION MAKING
WITH THE DIABETES MEDICATION OPTIONS
DECISION AID**

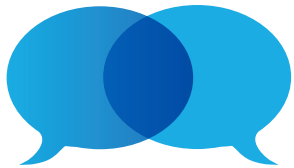
The Diabetes Decision Aid is favorably reviewed by the AADE and featured on the Together 2 Goal® website.

Together2Goal
AMGA Foundation
National Diabetes Campaign



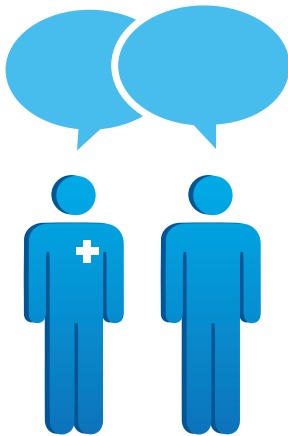
DIABETES MEDICATION OPTIONS DECISION AID

An Evidence-Based Tool for Shared Decision Making Between Patients and Their Providers



DiabetesDECISIONAid

The **Diabetes Medications Options Decision Aid** is a digital shared decision making tool that helps patients understand their type 2 diabetes (T2D) treatment options. The tool was designed to promote better dialog between patients and their healthcare providers when making treatment decisions.



The Established Benefits of Shared Decision Making

Shared decision making is a collaborative process between patients and providers that engages the patient in decision making. It helps inform patients about available treatment options, and incorporates patient preferences and values into the medical decision making process.¹

Shared decision making has been shown to^{2,3}:

- Improve knowledge of healthcare options
- Increase realistic perceptions of treatment outcomes
- Reduce patient passivity in decision making
- Improve agreement between patient values and chosen treatment

In a randomized, controlled trial of a patient decision aid for patients with T2D, 71% of patients said that they preferred to have an active role in healthcare decision making.⁴

The Diabetes Decision Aid Was Developed and Evaluated by Experts



A multidisciplinary steering committee that consisted of a patient advocate, a decision scientist, a nurse, clinicians, and certified diabetes educators developed the **Diabetes Decision Aid**, which targets decisions about treatment intensification for T2D.^{4,5}

The tool received a score of 88 out of 100, the highest global score issued by the International Patient Decision Aids Standards (IPDAS)* to date.⁵

100% of criteria were fully met for the following dimensions^{†5}:

- Development process
- Disclosures
- Evaluation process
- Evidence quality
- Guidance for users
- Information quality
- Language/readability
- Testing
- Patient values establishment

The Tool Has the Potential to Facilitate Shared Decision Making for Patients With T2D⁴

A randomized study of the tool by Bailey et al involved 225 patients with T2D with persistent hyperglycemia who were receiving metformin and were recommended for medication intensification. One hundred and fourteen subjects were randomized to the tool and 111 to usual care.⁴



Use of the tool resulted in substantial and significant improvements in the main outcome measures of knowledge, decisional conflict, and decisional self-efficacy.⁴

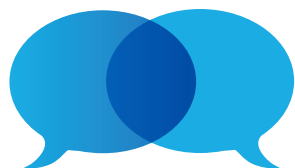
Decisional conflict is a state of uncertainty about a course of action. Decisional self-efficacy is a measure of self-confidence or belief in one's decision making abilities.

*Working with an international panel of experts, the IPDAS collaboration developed criteria for evaluating the quality of personal decision aids.

†The only below-average score was for presenting the risks of adverse events using "probabilities."

DIABETES MEDICATION OPTIONS DECISION AID

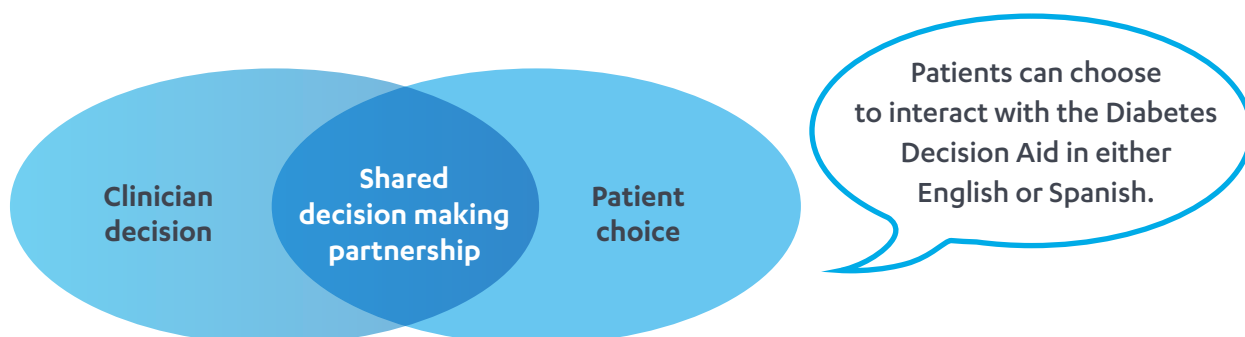
Stimulates Shared Decision Making Between Patients With T2D and Their Physicians



DiabetesDECISIONAid

An interactive tool that provides patient insights directly to physicians

This comprehensive online interactive tool from Janssen Scientific Affairs is delivered through the EMMI Solutions platform. It walks patients through information about treatment options for T2D and, through a series of questions, elicits insights about the individual's preferences that can help support a shared decision making approach to the management of T2D.



Interaction with the **Diabetes Medication Options Decision Aid**

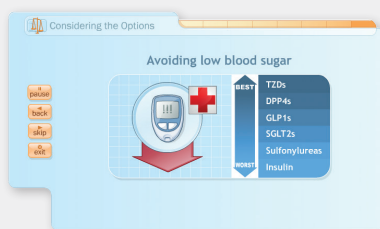
- Provides assurance to patients about adding other medication(s) to their regimen
- Guides patients to articulate concerns and define their preferences about T2D treatments
- Helps patients work with their healthcare provider to define their long-term treatment goals
- Creates a summary form of patient responses to help providers customize treatment options

All treatment decisions, when possible, should be made with the patient, focusing on his/her preferences, needs, and values.⁶

The Diabetes Decision Aid Helps Educate Patients About Their T2D Treatment Options

- Works to involve patients in shared decision making that may lead to increased knowledge and decisional self-efficacy⁴
- Total time to navigate through the program is approximately 30 minutes
- Patients can stop and restart as desired, and view with a family member or caregiver

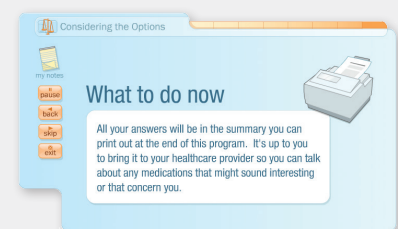
The sample screenshots below illustrate how the tool works



Compares efficacy, safety, administration, and cost among 6 different types of T2D medications



Walks patients through questions, and uses the answers to define their treatment needs and concerns



Summarizes responses and charts patient's pros and cons for each medication type, to help physician determine a patient's best treatment options

Share the Diabetes Medication Options Decision Aid With Patients

You can register for the Diabetes Decision Aid by visiting www.DiabetesDecisionAid.com. After you register, you will receive an online toolkit, which includes a variety of assets for you to use on your website. These assets will help you encourage patients to view the Diabetes Decision Aid, and become active participants in their T2D treatment decisions.

The **Diabetes Medication Options Decision Aid** from Janssen Scientific Affairs, delivered through EMMI Solutions, provides patients with a new opportunity to participate in the shared decision making process.

Visit www.DiabetesDecisionAid.com to register for the Diabetes Decision Aid.



Support Your T2D Patient Population by Using These Additional Resources

QualityPATH (Population Analyzer Tool for Health systems) segments and prioritizes your patient populations to support the improvement of healthcare outcomes in T2D. The software evaluates your EHR and claims data to identify gaps in T2D care. It generates actionable reports to guide and monitor improvements in your quality metrics.

Health Literacy Library provides educational resources to empower and inform people living with T2D. Topics include managing blood glucose, setting and meeting health goals, understanding care team roles, and knowing the impact of lifestyle decisions on health. The library also offers provider resources covering topics such as best practices in care coordination and information on quality management trends.

Digital Health Coaching uses the science of behavior modification to help people living with T2D learn the simple and sustainable action steps needed to better take care of themselves. Individually tailored modules that emulate a live health coach focus on dealing with chronic conditions, maintaining a healthy weight, and living well with T2D.*

The Johnson & Johnson Diabetes Institute provides a unique professional education approach that consists of in-person training and online resources. **CORE (Changing Outcomes with Resources and Engagement)** programs train healthcare professionals on the best science and evidence to improve care for people with diabetes.*

The **Care4Today® Mobile Health Manager** is a medication reminder application offered in multiple languages and across feature phones and smart devices. It has been named a top-three reminder app by *U.S. News and World Report*.⁷ The app has over 375,000 downloads, with thousands of users⁸ sending over 190,000 reminders per day.

If you are interested in learning more about the **DiabetesDECISIONAid** or other support programs, visit CarePathHealthyEngagements.com, or contact your Janssen Account Director to set up an informational meeting.

*For health systems, please reach out to your Janssen IBG Account Director for more information on Digital Health Coaching and CORE programs.

*An active user is defined as a user who has responded to a medication reminder in the last 30 days. As of 11/30/2015, the active number of daily users is 3039.

References: 1. Oshima Lee E, Emanuel EJ. Shared decision making to improve care and reduce costs. *N Engl J Med*. 2013;368(1):6-8. 2. O'Connor AM, Bennett CL, Stacey D, et al. Decision aids for people facing health treatment or screening decisions (Review). *Cochrane Database Syst Rev*. 2009 Jul 8;(3):CD001431. 3. Shafir A, Rosenthal J. Shared Decision Making: Advancing Patient-Centered Care through State and Federal Implementation. Published March 2012. National Academy for State Health Policy. 4. Bailey R, Pfeifer M, Shillington AC, et al. Effect of a patient decision aid (PDA) for type 2 diabetes on knowledge, decisional self-efficacy, and decisional conflict. [Published online 2016 Jan 14] *BMC Health Serv Res*. 2016. doi:10.1186/s12913-016-1262-4. 5. Shillington AC, Col N, Bailey RA, Jewell MA. Development of a patient decision aid for type 2 diabetes mellitus for patients not achieving glycemic control on metformin alone. *Patient Pref Adher*. 2015;30(9):609-617. 6. Standards of medical care in diabetes—2016: Section 7: approaches to glycemic control. *Diabetes Care*. 2016;39(suppl 1):S4-S5. 7. Costa S. Smart medication reminders for the tech-savvy patient. <http://health.usnews.com/health-news/health-wellness/articles/2015/04/21/smart-medication-reminders-for-the-tech-savvy-patient>. Accessed January 18, 2017.