



# OPTIMIZING MEDICATION USE FOR DIABETES PATIENTS 5 CHALLENGES, 5 SOLUTIONS



## THE PROBLEMS

the disease is  
**COMPLEX**

Managing diabetes is complex as is the disease and the medication use. This complexity can lead to poor outcomes and avoidable costs.

medication care is  
**FRAGMENTED**

From primary care provider, to specialist, to pharmacist information is often either not shared or able to be shared. This fragmentation can lead to poor adherence.

accountability uneven for  
**QUALITY**

Medication adherence rates in diabetes are low. Payers and providers are not incentivized to address the problem, especially in the use of injectable insulin.

patient  
**MANAGEMENT**

Patients must be involved in the every day process of managing of their diabetes and blood sugar with medication, diet and exercise.

patients carry  
**COST BURDENS**

Out of pocket costs for patients can be high due to the design of their benefit plans and because of rising costs of insulin. These costs alone can result in poor adherence.

## THE SOLUTIONS

tailor  
**MEDICATION INTERVENTIONS**

Enhanced medication services (such as medication therapy management), should target the patients that need them most.

create continuity in  
**MEDICATION CARE**

Better coordination among patients, providers, payers and pharmacy should include sharing data on prescriptions and resolving problems across care teams.

close gaps in  
**QUALITY IMPROVEMENT**

For oral medications, performance on existing quality metrics (e.g. Medicare Star Ratings) must be improved upon. An effective, operational metric for insulin must be developed and validated.

optimize  
**PATIENT SELF-MANAGEMENT**

Cost barriers facing patients should be lowered for Diabetes Self-Management Education and Training or DSME/T. Training should also be expanded to sites such as retail pharmacies.

cut costs to  
**PAYERS and PATIENTS**

The design of benefits should be diabetes-friendly, reducing out-of-pocket costs that impede patient medication adherence. All stakeholders should consider steps to foster a strong competitive market for diabetes medication.