



Recommended Sequence of Education Regarding MTI⁹

Before the patient needs insulin

- What is type 2 diabetes?
- Role of insulin (natural hormone)
- Normal disease progression (possible future need fo insulin)
- Healthy eating and exercise as part of healthy lifestyle

At the time of initiation

- Benefits of insulin for people with type 2 diabetes
- Injection technique (including when to take, how much, sharps disposal) and patient should be provided with simple and straightforward instructions to inject at home
- Discuss possible hypoglycemia, weight gain
- Daily management (injections, SMBG, targets, titration, when to call)
- Use a demo pen to show the patient how to do injections (rather than giving the first injection in clinic)

Before the patient needs insulin

- What is type 2 diabetes?
- Role of insulin (natural hormone)
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First follow-up visit

- Discuss concerns/issues with treatment
- Review SMBG log book, injection technique
- Begin/continue titration
- AADE 7 self-care behaviors

Longer term follow-up

- Review SMBG log book
- Continue to optimize insulin dose
- Treatment options for postprandial elevations
- Address patient questions, issues
- Discuss use of technology like a CGM

Special populations

- Considerations for renal disease, CVD, depression, mental illness, elderly, cognitive or visual impairment
- Patients at high risk for hypoglycemia