Mastering the ‘Why?’, ‘Whether To?’ and ‘How?’ of Successful Behavior Change in Diabetes Care

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Problem Solving

Studies in individuals with diabetes (e.g. Hill-Briggs et al.) have demonstrated a positive effect of problem solving on:

- dietary intake,
- self-monitoring of blood glucose,
- exercise and general treatment adherence,
- improving diabetic self-management,
- reducing or maintaining cholesterol levels,
- helping with weight loss and quality of life.

≥50% Drop in Depression Score from Baseline (SCL-20)

Ciechanowski et al. JAMA 2004; 291:1569-1577

Patients were randomly assigned to the Program to Encourage Active Role-modeling for Elders (PEARL) intervention or Usual Care (UC) control arm. The PEARL intervention consisted of problem solving treatment, social and physical activities, and potential recommendations to patients physicians regarding clinical care.
% Achieving Depression Remission (SCL-20 score < 0.5)

Health Care Utilization: Any Hospitalizations in Prior 6 mos.

Examples of PST in populations with medical conditions

<table>
<thead>
<tr>
<th>Study</th>
<th>Conditions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mynors-Wallis et al. (1995)</td>
<td>Primary care sample</td>
</tr>
<tr>
<td>PEARLS (Ciechanowski et al. 2004)</td>
<td>Geriatric multi-condition</td>
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<tr>
<td>IMPACT sub-sample (Williams et al., 2004)</td>
<td>Diabetes</td>
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<td>Pathways (Katon et al., 2004)</td>
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<td>Multi-faceted Diabetes and Depression Program (Ell et al., 2010)</td>
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<tr>
<td>Collaborative Care for Patients with Depression and Chronic Illnesses (Katon et al. 2010)</td>
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Collaborative Care Components

Problem Solving
I can't control my blood sugars
I can't lose weight
I have to apply for a new job
I have bills to pay
I have to pay off my loans
I am alone
I can’t control my blood sugars

Problem Solving

I will get my A1c <8% in two months

Start exercising regularly
Review my diabetes meds with my healthcare provider
Review my diet with a dietician

ACTION STEPS:
1. I will call my healthcare provider for name of a dietician
2. I will call to make an appointment by next Friday
3. I will keep a log of what I eat for the next week
Problem List

1) I can’t get my blood sugars in range
2) I can’t lose weight
3) My feet burn
4) I’m lonely
5) I have financial issues
6) I am overwhelmed by household tasks
1. My Issue or Problem: I don't see my friends often enough.

2. My Goal: I want to spend more time with my friends.

3. My Possible Solutions:  

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<th>Possible Solution</th>
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<th>Cons (Disadvantages)</th>
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4. My Possible Solutions:  

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I don't see my friends often enough.

I want to see and talk with my friends more.

1. My Issue or Problem: I don't see my friends often enough.
2. My Goal: I want to see and talk with my friends more.
   - Pros (Advantages):
   - Cons (Disadvantages):

4. I could go to church and see my friends there.
5. I could invite my friends to my house.

The phone is easy to use.
I don't have to get dressed up.
Stay at home if joints are sore.
I don't see my friends often enough.

I want to see and talk with my friends more.

1. **My Issue or Problem:** I don't see my friends often enough.
2. **My Goal:** I want to see and talk with my friends more.

**My Possible Solutions:**

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<td>1. Call my friends and talk on the phone.</td>
<td>The phone is easy to use. I don't have to get dressed up. Stay at home if joints are sore. I can't see them, only hear them. They might not be available.</td>
<td></td>
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<tr>
<td>2. Go to church and see my friends there.</td>
<td>I like church and miss going. I'd see other people, too.</td>
<td>I can't see them, only hear them. They might not be available.</td>
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<td>3. Invite my friends to my house.</td>
<td>We could talk and carry on like we used to. More time to visit.</td>
<td>I can't see them, only hear them. They might not be available.</td>
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I'm not always up to getting out. Not all my friends go to church. We could talk and carry on like we used to.

If joints are sore, I don't have to get dressed up.

I don't like to cook.
I could call my friends and talk on the phone.

6. My Solution Choice:
   1. Check I have current phone numbers.
   2. Call one person per day.

7. Evaluating My Outcome:
I could call my friends and talk on the phone.

- Call one person per day, 2 days/week.
- Try conference call with smart phone.

Evaluate My Outcome:

- Check I have current phone numbers – by Tuesday.
- Call one person per day, 2 days/week.
- Try conference call with smart phone – 2 friends by Friday.

I talked to two friends by Friday but did not get to conference call – However, I feel much less lonely.
| 1. My Issue or Problem: | | | |
| 2. My Goal: | | | |
| 5. | | | |
| 6. | | | |
| 9. | | | |
| 10. | | | |
| 11. Evaluating My Outcome: | | | |

**Decisional Balance**

- Janis, I. L., & Mann, L. (1977)
- Prochaska et al. (1994): Quitting cocaine, weight control, safer sex, exercise acquisition, mammography screening + others
- Smoking (Velicer et al, 1985)
- Alcohol consumption (King et al. 1993)
### Decisional Balance

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| Benefits (Pros)      | • Less coughing  
                      • Wife will be happy  
                      • Socially acceptable  
                      • Faster healing  |              |
| Costs (Cons)         | • Higher risk of cancer  
                      • Poorer health  
                      • I smell bad  |              |

### Clinical Inertia

- Defined as **lack of treatment intensification** in a patient not at evidence-based goals for care.
- A **major factor that contributes to inadequate chronic disease care** in patients with diabetes mellitus, hypertension, dyslipidemias, depression, coronary heart disease, and other conditions.

### Collaborative Care Components

- **Identify Goals**
- **PCP Participation**
- **Behavioral Strategies**
- **Systematic Case Review**
- **Monitor Progress**
- **Treat-to-Target**

- Focus is not only on patient goals, but on team goals.
- Problem solving: motivational interviewing, behavioral activation; self-management support.
- Relentless attention to measurement with iterative, incremental treatment titrations.

### Decisional Balance (e.g. smoking)

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| Benefits (Pros)      | • Less coughing  
                      • Wife will be happy  
                      • Socially acceptable  
                      • Faster healing  |              |
| Costs (Cons)         | • Gain weight  
                      • Won’t spend as much time with smoker friends at work  | • Higher risk of cancer  
                      • Poorer health  
                      • I smell bad  |

### Thank You!

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