FUNDACIÓN Carlos Slim

Diabetes & NCDs framework Key elements for a regional proposal

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Regulatory Policy Labeling, advertising and fiscal policy

Promotion of a healthy city public spaces: parks, cycling, sports, mobility

evelopment Multidisciplina strengthening platforms

Translationa

esearch

daily practice

Continuum of care (space)

Multi-platforms: Population, community, primary care clinic, general hospital, specialized hospital

Continuum of care (time)

Proactive prevention, early detection, disease management, timely referral and rehabilitation

Patient-Centered

Enhancement of corresponsibility towards a healthy lifestyle with family and peer support

Leverage on Digital Health

Reengineering of healthcare with robust digital platforms

Use of information to improve healthcare delivery and quality of care

Decision making at primary care clinics and hospitals

Big Data & Artificial Intelligence

Innovative analytic methods to predict and optimize healthcare services

Learning Health Systems

Evaluation and continuous improvement through evidence-based decision making

Promotion of **Regulatory Policy** advertising and fiscal policy cycling, mobility

evelopment of competences

through innovative platforms

strengthening

Multidisciplinary

to daily practice

<u>Iranslational</u> Research

Vertical interventions

Regulatory policy

- Labeling of food and beverages (e.g. Chilean labeling system)
- Regulation of advertising in TV programs targeted to children
- Tax to sugar sweetened beverages (e.g. Mexican taxes on sodas)

Promotion of a healthy city

Robust public infrastructure for the promotion of physical activity such as bike paths, parks and sports courts

Multidisciplinary human capital strengthening

- Use of digital platforms with asynchronous courses and performance tracking
- Integrated approach with CME credits and certification of clinical competences
- Open access MOOCs with the most common public health procedures
- Case-based knowledge sharing | The ECHO Experience

Translational Research

National policies to promote rapid incorporation of innovations



Chile's labeling system

Regulatory Policy

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REVIEW AND AGREE ON MANAGEMENT PLAN

- Review management plan
- Mutual agreement on changes
- Ensure agreed modification of therapy is implemented in a timely fashion to avoid clinical inertia
- Decision cycle undertaken regularly (at least once/twice a year)

ONGOING MONITORING AND SUPPORT INCLUDING:

- Emotional well-being
- · Check tolerability of medication
- Monitor glycemic status
- Biofeedback including SMBG, weight, step count, HbA_{1c}, blood pressure, lipids

IMPLEMENT MANAGEMENT PLAN

 Patients not meeting goals generally should be seen at least every 3 months as long as progress is being made; more frequent contact initially is often desirable for DSMES

ASCVD = Atherosclerotic Cardiovascular Disease
CKD = Chronic Kidney Disease
HF = Heart Failure
DSMES = Diabetes Self-Management Education and Support
SMBG = Self-Monitored Blood Glucose

ASSESS KEY PATIENT CHARACTERISTICS

- Current lifestyle
- Comorbidities, i.e., ASCVD, CKD, HF
- Clinical characteristics, i.e., age, HbA_{1e}, weight
- · Issues such as motivation and depression
- Cultural and socioeconomic context

GOALS OF CARE

- Prevent complications
- Optimize quality of life

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AGREE ON MANAGEMENT PLAN

- Specify SMART goals:
 - Specific
 - Measurable
 - Achievable
 - Realistic
 - Time limited

CONSIDER SPECIFIC FACTORS THAT IMPACT CHOICE OF TREATMENT

- Individualized HbA, target
- Impact on weight and hypoglycemia
- Side effect profile of medication
- Complexity of regimen, i.e., frequency, mode of administration
- Choose regimen to optimize adherence and persistence
- · Access, cost, and availability of medication

SHARED DECISION MAKING TO CREATE A MANAGEMENT PLAN

- Involves an educated and informed patient (and their family/caregiver)
- Seeks patient preferences
- Effective consultation includes motivational interviewing, goal setting, and shared decision making
- Empowers the patient
- Ensures access to DSMES

Continuum of care (time and space)

interventions

Continuum spaces where services can be provided¹ Population-based Specialized hospital Community General Hospital Primary care

Identification Systematic of population assessment Continuum of interventions 2 of risk factors Personalized profiling Confirmation of diagnosis Integrated Incorporation management into treatment of NCDs Timely referral

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