

ADA 2019 standards of care emphasize patient-centered care

December 20 2018



(HealthDay)—Patient-centered care is emphasized in updated clinical

practice recommendations from the American Diabetes Association 2019 Standards of Care, published as a supplement to the January issue of *Diabetes Care*.

The Standards of Care include new and revised recommendations for the diagnosis and treatment of children and adults with diabetes. The authors also address strategies to prevent or delay type 2 diabetes, therapeutic approaches, and optimal management.

The 2019 Standards of Care include important updates and changes. These updates include personalizing diabetes [care](#), detailing the need for ongoing assessment and shared decision making, guidance for professionals' use of language to communicate about diabetes, and a new treatment algorithm that simplifies insulin treatment plans. In addition, the [cardiovascular disease](#) management chapter has been endorsed by the American College of Cardiology and includes information on the use of sodium-glucose cotransporter 2 inhibitors or glucagon-like peptide 1 receptor agonists that have proven cardiovascular benefit for people with type 2 diabetes and diagnosed cardiovascular disease. A new section focusing on technology and diabetes includes new recommendations for insulin delivery systems and automated insulin delivery devices, as well as discussion of telemedicine for increasing access to care.

"The new 2019 Standards of Care emphasize a patient-centered approach that considers the multiple health and life factors of each person living with [diabetes](#)," William T. Cefalu, M.D., from the American Diabetes Association, said in a statement.

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Citation: ADA 2019 standards of care emphasize patient-centered care (2018, December 20)
retrieved 4 May 2024 from

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