

**Title:****Improving Adherence In Type 2 Diabetes By Communication Training:  
Evaluation Of A CME Initiative****Conference:****Global Alliance on Medical Education (GAME)-2011****Author(s):**

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**Objectives:**

- Increase HCP interest and motivation to engage in short-term impactful activities to facilitate patient adherence
- Increase HCP's skills and competence to more effectively communicate with his/her patient in a patient-centered manner
- Improve patient outcomes by increasing adherent behavior
- Share impact of this initiative with the CME community to help develop best practices that might be applied in other therapeutic areas

**Key Points:**

Morbidity, mortality, and the economic burden of the diabetes epidemic is well established. Management of diabetes requires lifelong adherence to behaviors associated with diet restrictions, medication treatment, regular medical consultations, exercise regimens, restricted alcohol use and smoking cessation. Nonadherence results in over \$100 billion in avoidable hospitalizations annually. Effective provider-patient communication is linked to improved patient satisfaction, health status, and adherence. Poor communication is directly linked to a 19% increased risk of non-adherence, while effective communication results in 2.16-fold greater adherence. Most importantly, communication skills can be taught and improved on — communication training results in 1.62-fold greater patient adherence. Effective communication between healthcare providers and their patients is an essential step in achieving concordant relationships and increasing adherence.