

## Strategies to Increase Adherence through Diabetes Technology

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### Abstract

A variety of new technologies have been developed to assist patients with self-managing their diabetes and yet hemoglobin A1c has not changed dramatically over the last decade. Although more data available from these new diabetes technologies can be helpful, it is clear that an informed, motivated, and adherent patient is the key to success. This article focuses on increasing patient adherence through the use of motivational interviewing, an evidence-based behavior change counseling technique. Specific skills of motivational interviewing may help the provider assess what the patient already knows about the technology, explore the patient's motivation for using the technology, and, finally, assess the patient's barriers, importance, and confidence in using the technology, leading to better adherence.

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**Abbreviations:** (CGM) continuous glucose monitoring, (MI) motivational interviewing, (OARS) open-ended questions, affirm, reflection, summarize

**Keywords:** adherence, behavior counseling, motivational interviewing

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