

Insulin Counseling Checklist

Patient resistance to insulin often stems from deep-seated practical and psychological barriers. A proactive counseling checklist provides a framework for addressing these concerns during consultations.



Proactive counseling strategies can help clinicians break down barriers to insulin initiation:

**Introduce Insulin Early:**

Normalize insulin as a common therapeutic step early in the T2D journey to prevent future initiation shock.

**Demonstrate the Needle:**

Show the microscopic size of modern pen injections and offer a quick, in-clinic trial to ease injection anxiety.

**Simplify Daily Tracking:**

Introduce user-friendly CGMs to minimize fingerstick burdens and reduce daily monitoring anxiety.

**Reframe as Empowerment:**

Position insulin as an active tool for long-term glycemic control rather than a personal failure or punishment for suboptimal diabetes control.

The Bottom Line: Using a structured counseling checklist can help address patient barriers.