Module 4: Overcoming Patient Insulin Barriers

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.