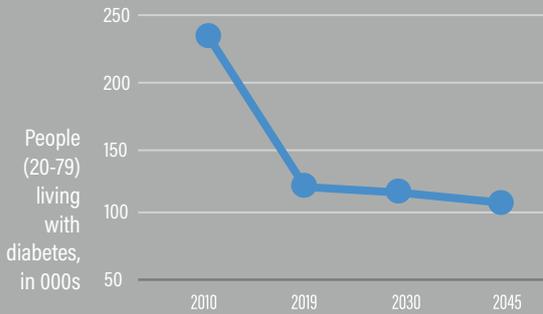




# AN OVERVIEW OF DIABETES CARE

## DIABETES PREVALENCE



Of which, undiagnosed  
36.3% (41,500 people)

Children & adolescents with T1D (0-19y)  
995

Diabetes prevalence

5.4%



Diabetes-related deaths 1,340.3



Total expenditure €128.4 million

Source: IDF Diabetes Atlas 9th edition 2019

In Lithuania, diabetes care and medicines are available to all, free of charge. Insulin pumps and CGMs are also available free of charge for children and youth.

One of the main challenges faced by people living with diabetes is the limited number of needles and test strips to which people are entitled free of charge.

Another challenge is the shortage of healthcare professionals, many of whom tend not to stay in Lithuania, resulting in long waiting lists for family doctors (2-3 weeks in Vilnius), specialists (2-4 months) and psychologists.

Diabetes nurses play an important role in diabetes education and are authorised to renew prescriptions for medication first prescribed by doctors.

A national diabetes plan is currently under development.

Note: in 2020, the Supervisory Council for Diabetes Prevention, Diagnosis and Treatment was created by Order of the Minister of Health. The Lithuanian Diabetes Association is now discussing the proposed new diabetes plan ("On Approval of the Description of Accessibility and Quality Indicators of Health Care Services Provided to People with Diabetes and the Procedure for Monitoring Them").

## DIABETES PREVENTION & MANAGEMENT

● YES ● WITH VARIATIONS ● NO

### HEALTHY LIVING POLICIES



Obesity/ overweight



Healthy food & diet



Physical activity



Smoking



Regulations for healthy diets

### PREVENTION OF COMPLICATIONS



Eye screening



CVD



Kidney disease



Diabetes foot



Gestational diabetes

### EDUCATION



At or around the time of diagnosis



Throughout the life course



Integrated peer-to-peer support

Is there a programme to follow mothers with gestational diabetes after the birth of the baby?  
*Yes, everywhere in the country*

Note: women with gestational diabetes are advised to visit their family doctors to check their blood glucose after the birth of their child.

NATIONAL PLAN ?

Under development

PREVENTION & MANAGEMENT GUIDELINES

Description of the Procedure for Outpatient Treatment of Diabetes with reimbursable medicines

MONITORING FRAMEWORK ?

No

GOVERNMENT ENGAGEMENT WITH PwD ?

Yes but limited

# ACCESS TO CARE, TECHNOLOGIES, MEDICINES AND SUPPLIES



Is INSULIN available at the point of delivery ?

- Always
- Most of the time
- Sometimes
- Not often
- Never



Is available INSULIN free of charge ?

- For all PwD
- For all T1D only
- For children only
- Other



Children

- Short-acting regular insulin
- Rapid-acting (analogues)
- Ultra-rapid-acting analogues
- Intermediate acting
- Long-acting



Adults

- 
- 
- 
- 
- 



- Short-acting regular insulin
- Rapid-acting (analogues)
- Ultra-rapid-acting analogues
- Intermediate acting
- Long-acting

## APPS



Do apps get recommended by the health system/HCPs to manage/prevent diabetes ?

YES

When they are recommended, are these apps fully reimbursed?

NO

## SUPPLIES/TECHNOLOGIES

Free of charge for all

Insulin pens

Test strips

Limited number

Syringes & needles

Free of charge for children only

Insulin pumps

Until 24 years of age

Other

Blood glucose meters

Free from companies

CGMs\*

For insulin pumps users

Not available

Connected/smart pens

Automated delivery syst.

Flash glucose monitors

ARE SUPPLIES TECHNOLOGIES AVAILABLE AT THE POINT OF DELIVERY ?

- Always
- Most of the time
- Sometimes
- Not often
- Never

\* Continuous glucose monitors

### COMMENTS :

Test strips are available as follows: children and youth up to 24: 1800 strips/year; adults with T1D: 900 strips/year; adults with T2D on insulin: 300 strips/year; adults with T2D not on insulin: 50 strips/year

## PSYCHOLOGICAL SUPPORT

PSYCHOLOGICAL SUPPORT PROVIDED AS PART OF DIABETES CARE ?

Available but hard to access  
Available at a cost



AVAILABLE AT THE POINT OF DELIVERY? ● YES ● MOST OF THE TIME ● SOMETIMES ● NOT OFTEN ● NO

## GLUCAGON - METFORMIN/SULFONYLUREAS

▲ **Glucagon** ■ **Nasal Glucagon**

**FREE OF CHARGE ?**  
 For all PwD  
 For all T1D only  
 For children only  
 Other



**FREE OF CHARGE ?**  
 For adults only  
 For children only  
 Other

● **Metformin** ● **Sulfonylureas**

## OTHER DIABETES MEDICINES

● **DPP4 inhibitor** ● **GLP1 analogue** ● **SGLT2 inhibitor** ● **Alpha glucosidase inhibitor**

Free of charge      Free of charge      Free of charge      Free of charge

## CARDIOVASCULAR MEDICINES

● **Calcium channel blockers** ● **Beta blockers** ● **ACE inhibitors** ● **Thiazide diuretics** ● **Statins** ● **Ezetimibe** ● **PCSK9 inhs**

Free of charge      Free of charge

## HEALTH SYSTEMS



● YES ● NO

- Are diabetes specialist nurses (DSNs) available ?
- Do nurses play a role in diabetes prevention ?
- Are nurses allowed to prescribe medicines ?

*Note: Diabetes nurses are allowed to renew prescriptions of insulin, diabetes medications and test strips once they have been prescribed by the doctor*

Do nurses play a role in the diabetes management of ?

- Adults & children with T1D
- People with T2D
- Women with GDM

## HOW WIDESPREAD IS THE USE OF E-HEALTH

AVAILABLE FOR ALL PEOPLE LIVING WITH DIABETES ? ● YES ● NO

AVAILABLE AT THE SAME COST AS TRADITIONAL OPTIONS ? ▲ YES ■ NO

|  |   |
|--|---|
| Online appointment management <span style="color: green;">▲</span> | Video consultations <span style="color: green;">▲</span>              |
| Telephone consultations <span style="color: green;">▲</span>       | SMS & EMAIL consultations <span style="color: green;">▲</span>        |
| Electronic prescriptions <span style="color: green;">▲</span>      | Telehealthcare & Remote monitoring <span style="color: red;">▲</span> |

## ELECTRONIC HEALTH RECORDS ?

● YES ● NO

## WORKING DIABETES REGISTER ?

● YES ● NO