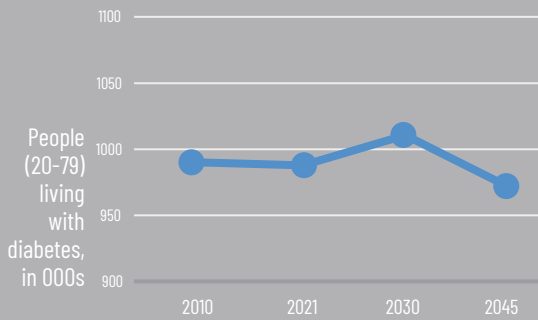




AN OVERVIEW OF DIABETES CARE

DIABETES PREVALENCE



Of which, undiagnosed
43.6% (433,400 people)

Children & adolescents with T1D (0-19y)
2,443

Diabetes prevalence



Diabetes-related deaths 22,858

13%



Total expenditure €1928 (per person)

In Portugal, diabetes care provided by the National Health System is free of charge and all types of insulin are available for all people living with diabetes (PwD). Other diabetes medicines are partially reimbursed (usually up to 90%), and some devices such as pumps and Continuous Glucose Monitors (CGMs) are generally only available to, and partially reimbursed for, people living with type 1 diabetes.

Although this has slowed down somewhat because of the COVID-19 pandemic, in the last 20 years, the country has made great strides in creating an integrated care model for diabetes management and answering the needs of PwD in an interdisciplinary and complementary way.

One of the main challenges faced by the country is the prevention of type 2 diabetes (T2D). To address this, the National Health Directorate is working on the implementation of healthy living initiatives and a mix of national and international guidelines for the prevention of T2D including a tax on sugar-sweetened beverages, bans on advertising unhealthy foods at prime time and selling unhealthy foods in public spaces and the inclusion of recommendations in the National Health Nutrition Plan.

Screening for diabetes-related complications is available as per the guidelines in place in the country with some variations across regions for eye screening and diabetes foot. Diabetes nurses are specifically trained in the prevention and management of diabetes and attend diabetes consultations. However, they cannot prescribe diabetes medicines.

In Portugal, education for carers and families is usually available at time of diagnosis with variations according to preferences. The same applies to education throughout the life course.

Peer-to-peer support is integrated with regional variations, as no national programme exists.

Electronic health records and diabetes registers exist for children and people on insulin pumps. Some ehealth services are also available.

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, but it varies across the country

NATIONAL PLAN?

Stand alone fully implemented

PREVENTION & MANAGEMENT GUIDELINES

National & international guidelines

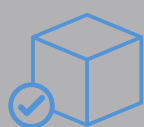
MONITORING FRAMEWORK?

Yes

GOVERNMENT ENGAGEMENT WITH PwD?

Yes

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

<p>Children</p>	● Short-acting regular insulin	●	<p>Adults</p>
	● Rapid-acting (analogues)	●	
	● Ultra-rapid-acting analogues	●	
	● Intermediate acting	●	
	● Long-acting	●	

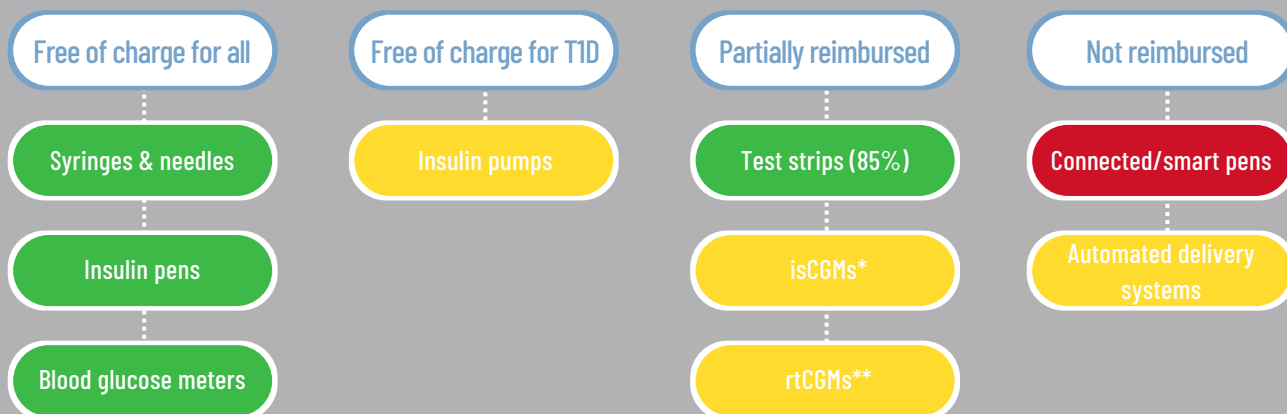
	● Short-acting regular insulin
	● Rapid-acting (analogues)
	● Ultra-rapid-acting analogues
	● Intermediate acting
	● Long-acting

APPS



Do apps get recommended by the health system/HCPs to manage/prevent diabetes?	NO
When they are recommended, are these apps fully reimbursed?	NO

SUPPLIES & TECHNOLOGIES



*intermittently scanned continuous glucose monitors.

**real-time continuous glucose monitors.

ARE SUPPLIES TECHNOLOGIES AVAILABLE AT THE POINT OF DELIVERY?

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

PSYCHOLOGICAL SUPPORT

PSYCHOLOGICAL SUPPORT PROVIDED AS PART OF DIABETES CARE?

Available but hard to access

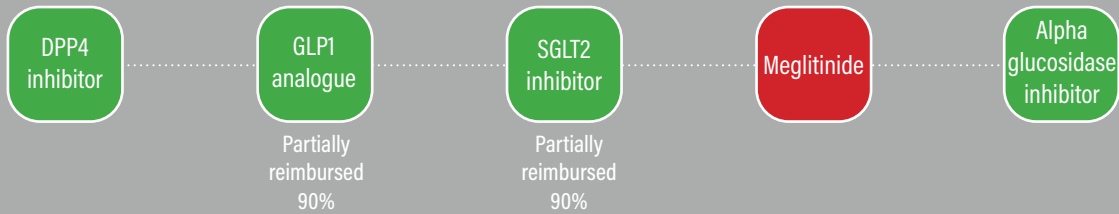


AVAILABLE AT THE POINT OF DELIVERY? ● YES ● MOST OF THE TIME ● SOMETIMES ● NOT OFTEN ● NO

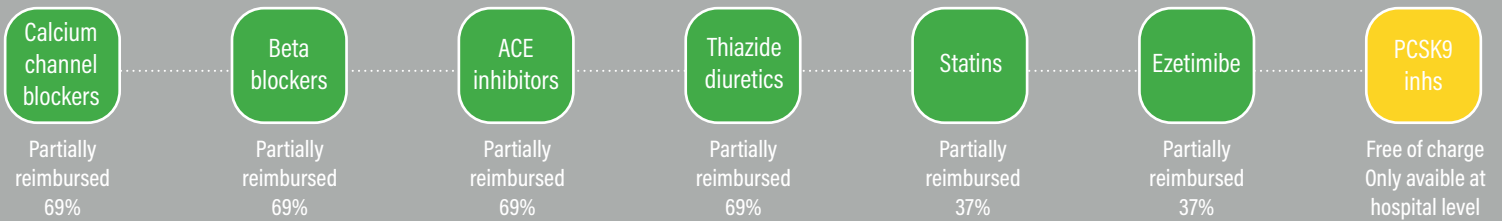
GLUCAGON - METFORMIN/SULFONYLUREAS



OTHER DIABETES MEDICINES



CARDIOVASCULAR MEDICINES



HEALTH SYSTEMS

● YES ● NO

- Are diabetes specialist nurses (DSNs) available ?
- Are nurses allowed to prescribe medicines ?
- Is there a special academic training required to become a specialist diabetes nurse?
- Do nurses play a role in diabetes prevention ?
- 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



ELECTRONIC HEALTH RECORDS ?

● YES ● NO

WORKING DIABETES REGISTER ?

Yes for children & people on insulin pumps