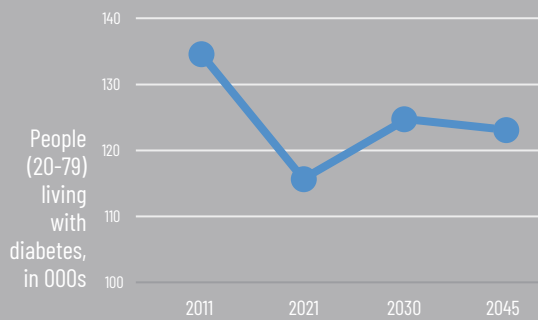




AN OVERVIEW OF DIABETES CARE

DIABETES PREVALENCE



Of which, undiagnosed 39.6% (46,900 people)

Children & adolescents with T1D (0-19y) 330

Diabetes prevalence

7.4%



Diabetes-related deaths 2,590



Total expenditure €824.2 (per person)

In North Macedonia, insulin is available free of charge for all people living with diabetes (PwD). Other diabetes medicines are available in the country, but they are fully reimbursed only for a limited number of people annually. Insulin pumps and continuous glucose monitors (CGMs) are available free of charge for children, and glucose meters and test strips are fully reimbursed for people living with type 1 diabetes, while people living with type 2 diabetes on insulin treatment have access to these devices with some limitations.

Ehealth is very well developed across the country. Healthcare professionals have full access to people's electronic records and e-prescriptions. This well-structured ehealth system also provides good national statistics, especially for people on insulin treatment.

One of the main challenges in the country is the organisation of care across the different levels of care. Most PwD in North Macedonia are treated at the tertiary care level, and primary care physicians are often not allowed to prescribe insulin nor renew some prescriptions.

Education programmes and nutrition advice for PwD are not officially recognised in the country. However, some specialised clinics have developed their own formal education programmes for individuals and groups of PwD. Similarly, there is no special academic training for diabetes nurses, although they tend to specialise during their practice and some specialised clinics have a special curriculum in place for diabetes nurses.

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

*Only for those treated in large clinics and medical centres

Is there a programme to follow mothers with gestational diabetes after the birth of the baby?
Mothers are advised to do an oral glucose tolerance test 6 months after delivery

NATIONAL PLAN?

Partly integrated and partly implemented

PREVENTION & MANAGEMENT GUIDELINES

National & international guidelines

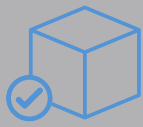
MONITORING FRAMEWORK?

No

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



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



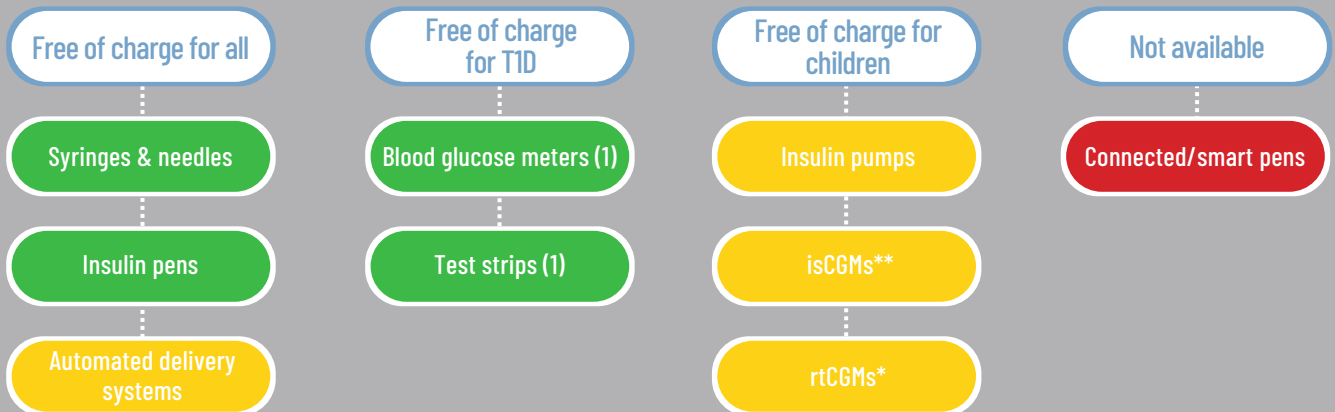
- Short-acting regular insulin
- Rapid-acting (analogues)
- Ultra-rapid-acting analogues
- Intermediate acting
- Long-acting

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



(1) Free of charge for people with type 2 diabetes on insulin treatment (30 strips/month)

ARE SUPPLIES TECHNOLOGIES AVAILABLE AT THE POINT OF DELIVERY?

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

*real-time continuous glucose monitors.

**intermittently scanned continuous glucose monitors.

PSYCHOLOGICAL SUPPORT

PSYCHOLOGICAL SUPPORT PROVIDED AS PART OF DIABETES CARE?

Available at a cost



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

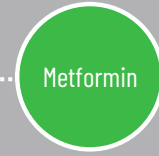
GLUCAGON - METFORMIN/SULFONYLUREAS



FREE OF CHARGE?
 ○ For all PwD
 △ For all T1D only
 ◇ For children only
 □ Other



FREE OF CHARGE?
 ○ For all PwD
 △ For all T1D only
 ◇ For children only
 □ Other



Only Glibenclamide

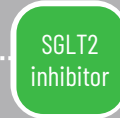
OTHER DIABETES MEDICINES



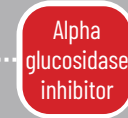
Free of charge for 100 PwD annually



Free of charge for 850 PwD annually



Free of charge for 500 PwD annually



CARDIOVASCULAR MEDICINES



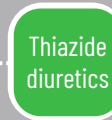
Free of charge



Free of charge



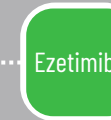
Free of charge



Free of charge



Free of charge



Not reimbursed



Not reimbursed

HEALTH SYSTEMS



● YES ● NO

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

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



Video consultations



Telephone consultations



SMS & EMAIL consultations



Electronic prescriptions



Telehealthcare & Remote monitoring



ELECTRONIC HEALTH RECORDS?

● YES ● NO



WORKING DIABETES REGISTER?

Yes, for PwD on insulin therapy

