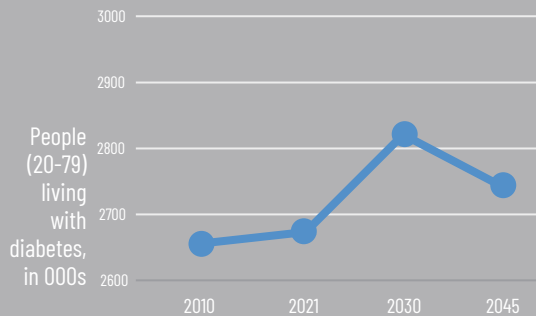


# AN OVERVIEW OF DIABETES CARE

## DIABETES PREVALENCE



Of which, undiagnosed  
65.2% (1,745,100 people)

Children & adolescents with T1D (0-19y)  
12,447

Diabetes  
prevalence



Diabetes-related  
deaths 5,330

9.4%



Total expenditure  
€835.8 (per person)

In Poland, diabetes care is free of charge for people living with diabetes (PwD). Access to medicines and devices is not universal though. While most modern medicines and technologies are available in the country, they are only free of charge for some groups of people, and only partly or not reimbursed at all for others. Access to specialists is free of charge but the waiting time is often very long.

National guidelines for the prevention and management of diabetes exist and are implemented. Screenings for the prevention of most diabetes-related complications take place everywhere in the country, albeit with some variations for the prevention of the diabetes foot. Healthy living policies are also in place targeting obesity, healthy diets, physical activity and smoking.

Diabetes education is available for children and young people living with type 1 diabetes (T1D), but it is hard to access and not always available for people living with type 2 diabetes (T2D). Peer-to-peer support is not integrated as part of the education provided.

Specialist nurses play a role in the prevention of the diabetes as well as in the management of all PwD and they can prescribe diabetes medicines.

Ehealth is available for all PwD at the same conditions as "traditional" systems and the country has electronic health records as well as a working diabetes register for children and mothers with gestational diabetes.

## 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*

NATIONAL  
PLAN?

Partly integrated  
Not implemented

PREVENTION &  
MANAGEMENT  
GUIDELINES

National guidelines

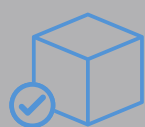
MONITORING  
FRAMEWORK?

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



Children

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



Adults

- 
- 
- 
- 
- 



Is available INSULIN free of charge?

- For all T1D
- Lump sum
- Co-payment
- Other



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

\*Free for pregnant women and PwD over 75 y/o

## 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

Blood glucose meters

Free of charge for children/young PwD

Insulin pumps (1)

Partially reimbursed

Test strips (2)

Needles (3)

rtCGMs\*

isCGMs\*\*

Not reimbursed

Connected/smart pens

Automated delivery systems

(1) Until 26 y/o.

(2) Small lump sum for T1D and T2D on intensive insulin therapy. 30% co-payment for T2D not on intensive insulin therapy.

(3) Reimbursed for all PwD on insulin therapy

\*real-time continuous glucose monitors.

\*\*intermittently scanned 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



Partially reimbursed

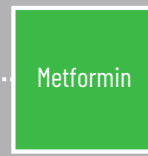


Not reimbursed

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



FREE OF CHARGE?  
○ For adults only  
◇ For children only  
□ Other



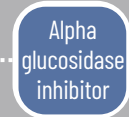
Free of charge for PwD over 75 y/o  
Small lump sum for PwD under 75 y/o



## OTHER DIABETES MEDICINES



30% co-payment for PwD with a high risk of cardiovascular complications



30% co-payment for all PwD

## CARDIOVASCULAR MEDICINES



Not reimbursed



Not reimbursed



Not reimbursed



Not reimbursed



Not reimbursed



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

- Do people living with diabetes have access to specialist diabetes educators? (*hard to access*)

## 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



Telephone consultations



Electronic prescriptions



Video consultations



SMS & EMAIL consultations



Telehealthcare & Remote monitoring



## ELECTRONIC HEALTH RECORDS?

● YES ● NO



## WORKING DIABETES REGISTER?

Yes, for children and mothers with gestational diabetes