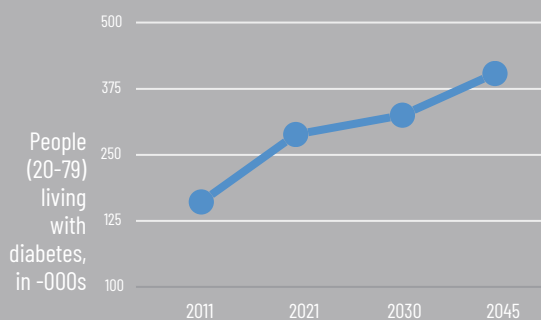




AN OVERVIEW OF DIABETES CARE

DIABETES PREVALENCE



Of which, undiagnosed
39.6%

Children & adolescents with T1D (0-19y)
400

Diabetes prevalence



Diabetes-related deaths 2,966

6.6%



Total expenditure €194.2 (per person)

In Kyrgyzstan, short-acting insulin is available free of charge for all people living with diabetes (PwD). Syringes and needles are also free of charge for all PwD on insulin therapy but they are not always available at the point of delivery. Blood glucose meters are free of charge for children and adolescents, while test strips are partially reimbursed for all PwD - 40% of the cost for 2000 and 500 test strips per year for people living with type 1 diabetes (T1D) and type 2 diabetes (T2D) respectively. Newer technologies such as continuous glucose monitors (CGMs) and insulin pumps are free of charge for children but they are only sometimes available.

Healthy living policies are in place targeting obesity and smoking, and the country has regulations for healthy diets. There are, however, no specific policies on healthy food and physical activity. Screening for the prevention of complications is available but its provision varies across the country.

National guidelines for the diagnosis, management and treatment of gestational diabetes are currently being developed. Healthcare professionals are being trained and a screening programme for gestational diabetes is already underway.

Access to diabetes education at the time of diagnosis and throughout the life course depends on a number of factors, including diabetes type and proximity to specialist diabetes centres.

Diabetes nurses play a role in the management of people living with T2D and 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, but it varies across the country

*Only in some circumstances for PwD and carers/family

NATIONAL PLAN?

Under development, Partly integrated

PREVENTION & MANAGEMENT GUIDELINES

National and 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



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



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

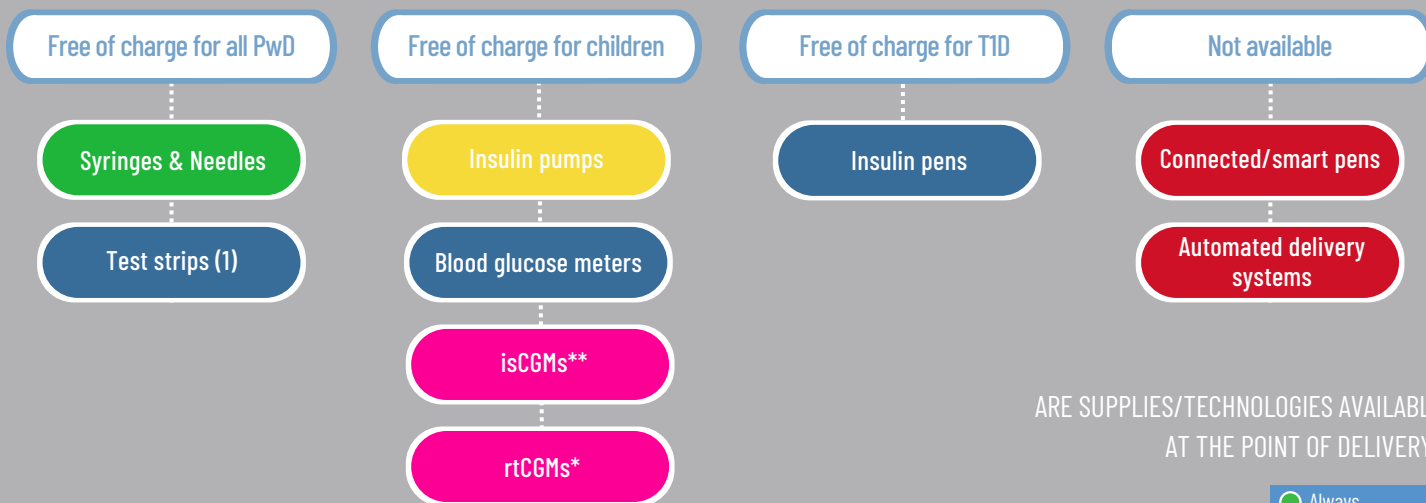
*A long-acting insulin analogue is available free of charge for people living with T1D under 29 y/o

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



ARE SUPPLIES/TECHNOLOGIES AVAILABLE AT THE POINT OF DELIVERY?

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

(1) 40% of the cost for 2000 and 500 test strips is reimbursed for people living with T1D and T2D respectively

*real-time continuous glucose monitors.

**intermittently scanned continuous glucose monitors.

PSYCHOLOGICAL SUPPORT

PSYCHOLOGICAL SUPPORT PROVIDED AS PART OF DIABETES CARE?

Available but hard to access

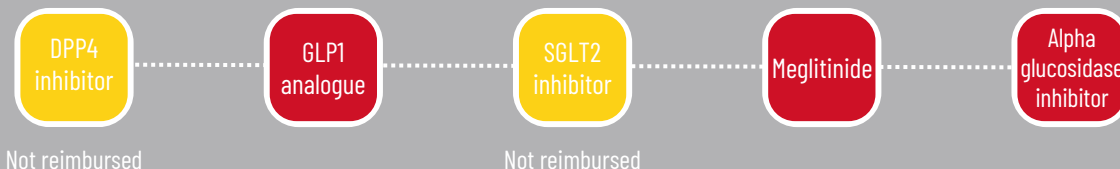


AVAILABLE AT THE POINT OF DELIVERY? ● YES ● MOST OF THE TIME ● SOMETIMES ● NOT OFTEN ● NO

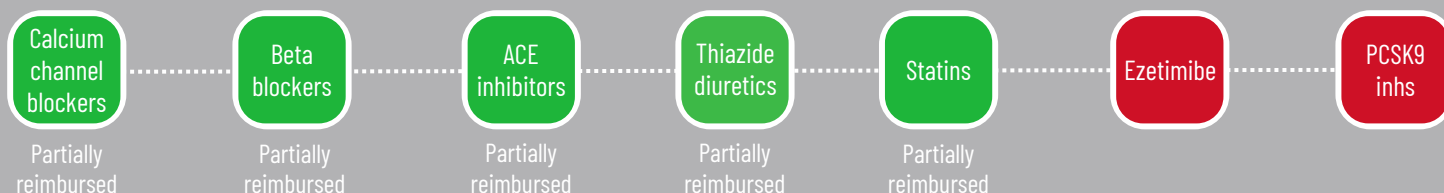
GLUCAGON - METFORMIN/SULFONYLUREAS



OTHER DIABETES MEDICINES



CARDIOVASCULAR MEDICINES



HEALTH SYSTEMS



● YES ● NO

- Are diabetes specialist nurses (DSNs) available?
- 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?

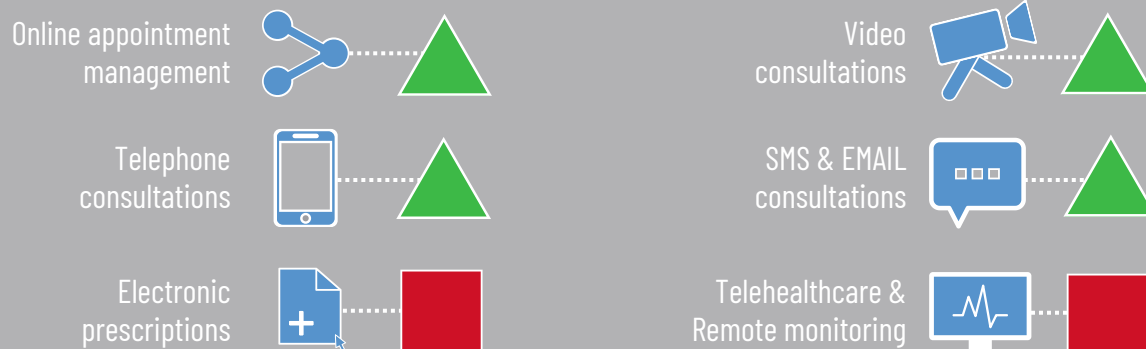
- Adults & children with T1D
- People with T2D
- Women with GDM

- Do people living with diabetes have access to specialist diabetes educators?

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 all PwD

